

RESOURCE GUIDE

MINNESOTA
INDEPENDENCE
COLLEGE &
COMMUNITY
MICC
Learn Skills. Experience Life.

Brenna
*"Minnesota's Great
Northern Lights"*

EFFECTIVE AS OF OCTOBER 1, 2022



TABLE OF CONTENTS

Introduction from Transition and Resource Manager	1
Overview of State and Federal Resources.....	3
Minnesota Waiver and Alternative Care Programs.....	4
Alternate Care: Consumer Support Grant (CSG) Program and SILS	22
Personal Care Supports Only (PCA)/PCA Choice.....	23
Wisconsin Programs	24
Healthcare Programs	28
Income Assistance	32
Housing Programs and Assistance	34
Food Support	47
Mental Health Support	48
Transportation Services.....	53
External Employment Resources	57
Social Security	58
Appeals Information	61
Additional Resources.....	63
Legal.....	64
Finance.....	65
Medical.....	68
Technology and Assistive Technology.....	70
Housing and Roommate.....	72
Furniture, Household Goods and Clothing.....	76
Recreation and Leisure.....	78
Community	79
Careers.....	82
Other Resources Available Upon Request.....	83



2022 MICC INDEPENDENCE 5K

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MICC
Adrian Anderson



INTRODUCTION FROM TRANSITION AND RESOURCE MANAGER

HELLO MICC PARTICIPANTS AND FAMILIES,

My name is Jena Kulenkamp and I am the Transition and Resource Manager at MICC. My role at MICC is very unique and I work with participants and families in two different capacities. I work closely with seniors and their families their last year of the MICC College Program to help prepare them for life after graduation. I support with navigating and preparing for the transition into the greater community including into MICC's Community Program. I am also responsible for providing resources to all MICC participants and families in the areas of county services, housing, transportation and family education.



Please feel free to reach out to me directly if you need information about transition, resources, benefits or services available in Minnesota or elsewhere.

My background:

I am committed to using person centered approaches and have over 13 years of experience working directly with individuals with various abilities and backgrounds. I obtained my bachelor's degree in Communicative Disorders from UW-River Falls and my master's degree in Vocational Rehabilitation Counseling from UW-Stout. I am a Certified Rehabilitation Counselor (CRC) and have completed the Support Planner certification test. My professional experience includes: Independent Living Specialist in collaboration with Vocational Rehabilitation Services, Vocational Rehabilitation Counselor and most recently a CADI Case Manager. Through these experiences, I have gained knowledge and understanding of numerous resources which I am excited to share with MICC participants and families.

How I can support:

I oversee anything in the areas of transition and resource related topics or questions. I work closely with all MICC Programs (College, Community and Careers).

Examples of topics I can support families and participants with:

- Navigating state/county services
- Providing third-party funding information and options
- Providing family education and presentations
- Attending meetings with Case Managers and/or Support Planners as needed
- Educating outside providers about MICC
- Facilitating roommate conversations between peers
- Connecting seniors with Community Program participants who need a new roommate
- Assisting students with housing applications
- Setting up services for seniors who decide to join the MICC Community Program

Please feel free to contact me directly if you have any transition or resource-related questions.

Sincerely,

A handwritten signature in black ink that reads "Jena Kulenkamp". The signature is fluid and cursive, with the first name being more prominent.

Jena Kulenkamp
Transition and Resource Manager
jkulenkamp@miccommunity.org · 612.326.5756

2

OVERVIEW OF STATE AND FEDERAL RESOURCES

In this section you will find state and federal funded resources and benefits that may be an option for MICC participants. Minnesota has a plethora of great resources and services available to individuals with disabilities.

HOME AND COMMUNITY-BASED SERVICE WAIVERS

Overview

Home and community-based services waiver programs is available for people who need extra help to stay at home instead of moving to a nursing home or other medical facility. Both waiver and Alternative Care (AC) programs provide Home and Community Based Services (HCBS) to meet the needs of people with disabilities and older adults. A person must be a Minnesota resident and meet eligibility requirements specific to each waiver/AC program.

Waiver/AC programs must meet federal and other guidelines, which include:

- Eligibility requirements
- Funding parameters and limits
- County, tribal nation and/or state policies
- Services available

Programs

- **Alternative Care (AC):** For older Minnesotans who require the level of care provided in a nursing facility and who are not yet eligible for Medical Assistance (MA)
- **Brain Injury (BI) Waiver:** For people with a traumatic, acquired or degenerative brain injury who require the level of care provided in a nursing facility that provides specialized services for people with BI, or who require the level of care provided in a neurobehavioral hospital
- **Community Alternative Care (CAC) Waiver:** For people who are chronically ill or medically fragile and require the level of care provided in a hospital
- **Community Access for Disability Inclusion (CADI) Waiver:** For people with disabilities who require the level of care provided in a nursing facility
- **Developmental Disabilities (DD) Waiver:** For people with developmental disabilities or related conditions who require the level of care provided in an intermediate care facility for persons with developmental disabilities
- **Elderly Waiver (EW):** For people age 65 and older who require the level of care provided in a nursing home and choose to live in the community.

Where can I find more information?

The information stated on this document along with more details can be found at:

- **MN Department of Human Services Website:**
https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=Latest Released&dDocName=id_000852
- **MN Department of Human Services Waiver Basics Video**
https://pathlore.dhs.mn.gov/Courseware/DisabilityServices/HCBSWaiver_Basics_for_Public/index.html

CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS)

Overview

CDCS is a service option available to people on the Home and Community-based Services (HCBS) waivers and Alternative Care (AC) programs. Individuals who have CADI and DD waivers have the option to choose Consumer Directed Community Supports, rather than funneling their funds into traditional licensed facilities. CDCS offers more individualized, person-centered planning for needed supports than traditional waivers funding. CDCS gives the person receiving services flexibility in service planning and responsibility for self-directing their own services, including hiring and managing support workers. CDCS may include traditional services and goods, and self-designed services.

***MICC is able to accept funding from CDCS for both College and Community Programs**

Eligibility

Since covered CDCS goods and services are paid with waiver funds, they must meet waiver criteria for allowable expenditures. A good or service is an allowable if it is:

- For the direct benefit of the person served
- Included in the person's CDCS Community Support Plan (CSP) created by their county care manager
- Necessary to meet one of the person's assessed needs (from MN Choices Assessment)
- Related to the person's disability and/or condition (CADI and DD only)
- Is enrolled in one of the following programs:
 - Alternative Care (AC)
 - Brain Injury (BI) Waiver
 - Community Alternative Care (CAC) Waiver
 - Community Alternatives for Disabled Individuals (CADI) Waiver
 - Developmental Disabilities (DD) Waiver

What are the allowable expenses?

- Waiver funds cover only those goods and services in the person's CSP that collectively represents a feasible alternative to institutional care.
- Waiver funds may be only allocated to MICC based on what is outlined in the student's Consumer Support Plan (CSP).
- The CDCS does not cover room and board but it could cover tuition.
- The CSP must identify the services and support needed in order for it to be covered.

A good or service is an unallowable waiver expenditure if it:

- Duplicates other goods or services in the CDCS CSP
- Is for lodging or food (room or board)
- Is available through other funding sources.
- Is not the least costly and most effective way to meet the person's needs.
- Is provided prior to the CDCS CSP's development.

CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS) *continued*

CDCS VS. TRADITIONAL WAIVER SERVICES

CDCS SERVICES	TRADITIONAL SERVICES
• Person sets rate	• Provider sets rate
• Person writes plan	• Provider writes plan
• Person hires staff	• Provider trains staff
• Person develops health and safety plan	• Provider helps develop the health and safety plan
• Person may select generic community supports or traditional services	• Provider only uses traditional/licensed services
• County approves support plan	• County approves plan
• MICC services may be approved under plan	• MICC services cannot be approved under plan

How to apply:

Please see the **“HCBS Waiver Flow Chart”** as a visual guide about the HCBS waiver process in Minnesota. If the MICC participant is still a student in the College Program, typically you would apply through their home county. **The first step is to schedule a MnCHOICES Assessment, which is required to help determine funding, resources and support services that may be available for individuals with special needs.**

- For more information about MnCHOICES assessment, please visit: <https://edocs.dhs.mn.us/lfserver/Public/DHS-6477-ENG>
- For information on funding for **Wisconsin** residents, please visit: <https://www.dhs.wisconsin.gov/iris/enroll.htm>
- Families can connect with:
 - Jerry Mellum, Hennepin county Hennepin County Senior Planning Analyst, 612.596.7094, jerry.mellum@hennepin.us

Who can help me write the plan?

The process of developing the CDCS Community Support Plan is person-centered. If you need more professional help to develop your support plan, you may have a Support Planner write one with you. A support planner is a person who understands CDCS, person-centered planning and how to develop a support plan. A support planner is able to:

- Provide information about CDCS and provider options
- Help you develop a community support plan
- Help you monitor your support plan
- Help you purchase and receive services and supports
- Help you recruit, screen, hire, train, schedule, monitor and pay support workers
- Help you solve problems that may occur
- Provide and arrange for staff training specific to your needs.

*Please see the **“Support Planners Used by MICC Families”** document for a list of support planners who are familiar with MICC.

CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS) *continued*

What should I put in my plan?

The community support plan may contain a mix of paid and non-paid services, formal and informal supports, as long as they:

- Address your assessed needs
- Are covered within your individual CDCS budget.
- Costs of each support or service
- Plans to monitor your services or supports
- Qualifications of the people who will provide your services or supports
- Supports and services you need and plan to use
- Training you would like the people who will provide your supports

How do I use my budget?

You decide how to use the funds in your CDCS budget to meet your service and supports needs and preferences within the guidelines of the CDCS service and the waiver or Alternative Care program. Your budget amount is the maximum amount of money you have to use for your services and supports during your waiver span (typically 1 year). If you choose CDCS as a service option, you must choose a Financial Management Services (FMS) provider to help you manage your services and supports and help with employer-related responsibilities.

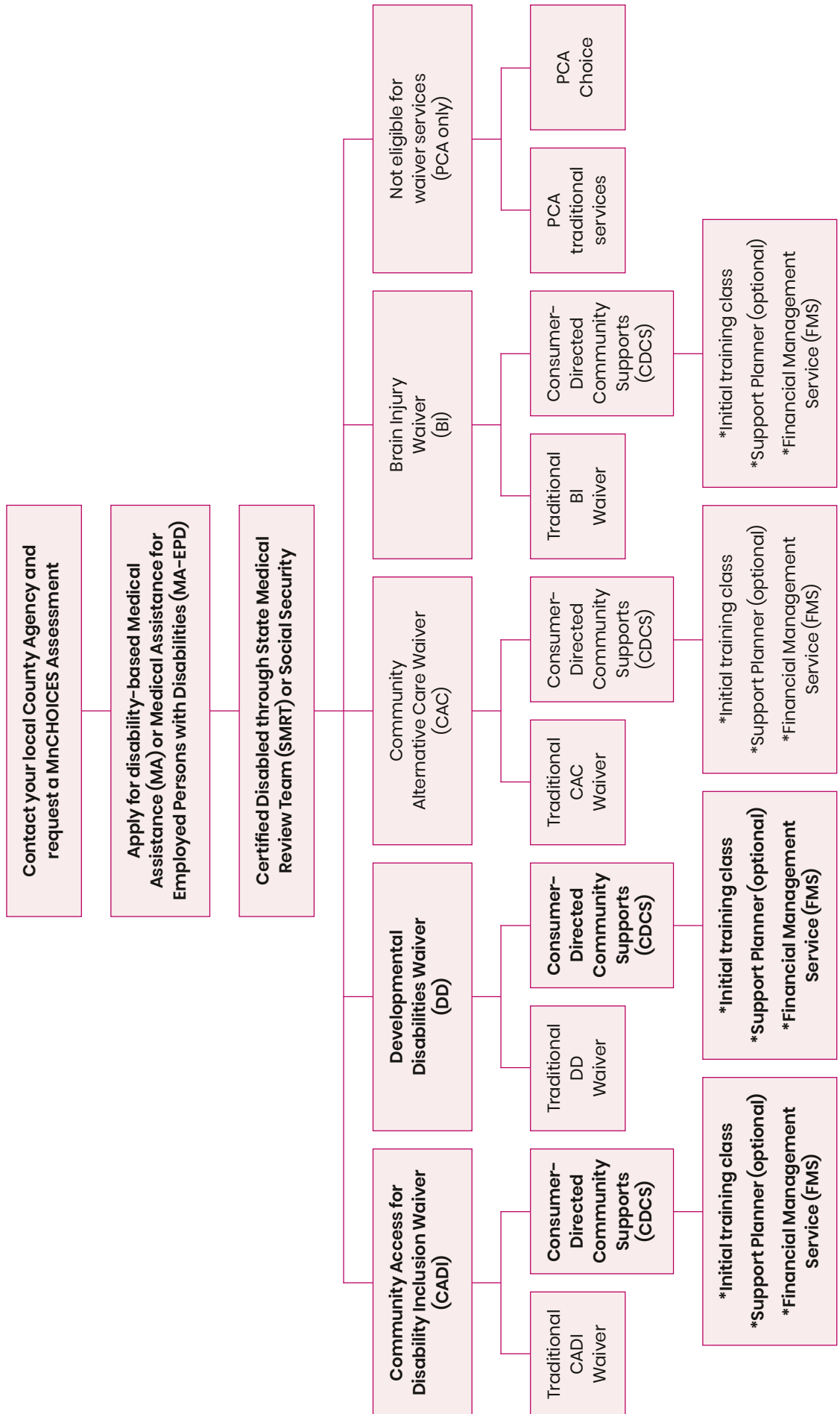
*Please see the ***"FMS Agencies Used by MICC Families"*** document for a list of providers that are familiar with MICC.

Where do I get more information?

- MN Department of Human Services: www.dhs.state.mn.us
- MinnesotaHelp.info (keyword Support Planner): <https://www.minnesotahelp.info/Search?sm=All&q=Support+Planner&loc=&geo=®=>
- Calling your local county agency

MINNESOTA HOME AND COMMUNITY-BASED SERVICE (HCBS) WAIVER PROCESS

Minnesota Waiver and Alternative Care Programs



***Common paths taken by MICC participants who are interested in exploring eligibility for waiver funding to use towards program costs are bolded.** MICC is able to accept funding when CDCS option is chosen. Please note this information is subject to change. This document was last updated on August, 21st, 2020. This document is not intended to be a comprehensive overview but a visual guide for MICC families interested in learning more about HCBS waivers in Minnesota. For most recent information regarding the Home and Community-based Service (HCBS) waivers please visit MN DHS Website: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp>

STEPS TO GETTING CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS)

Consumer Directed Community Supports (CDCS) allows you to self-direct your services. This service option is available to individuals eligible for Medical Assistance Waivers who can choose or design the services and supports that fit their assessed needs. In addition to services provided through the waiver, CDCS allows you to buy non-traditional supports, such as special therapies, assistive technology, and home and vehicle modifications. This person-centered planning approach allows you to develop your own support team, manage your own cares, and have greater flexibility. Many find this option very appealing, despite the added responsibilities. Here are the steps to get Consumer Directed Community Supports:

1. MnChoices Assessment

This is an assessment by the county to determine eligibility for:

- Health care programs
- In-home services
- Disability services

An intake person comes to your home and meets with you and your child for 1-2 hours and gathers all the information needed to submit to the State Medical Review Team. Information may include medical documentation, school records, therapy records, and any other documents that speak to the nature and severity of the diagnosis, and potential disability.

2. State Medical Review Team (SMRT)

- The MnChoices Assessor collects all the required paperwork and submits it to the state medical review team
- This state committee determines whether or not an applicant is disabled
- The state provides “disability certification” needed to access disability services
- The state uses the same criteria that Social Security uses to make a disability determination. These criteria are spelled out in precise detail in the Social Security Blue Book: <https://www.ssa.gov/disability/professionals/bluebook/ChildhoodListings.htm>

3. Waivered services

In order to be eligible for a CDCS, the applicant must be eligible for a waiver. There are 4 types of waivers:

- Developmental Disability (DD)
- Community Access Disability Inclusion (CADI)
- Community Alternative Care (CAC)
- Brain Injury (BI)

For more information about waivers, view PACER’s handout, *HIAC-h31: Waivers Made Simple*, available at PACER.org/health/pdfs/HIAC-h31.pdf.

STEPS TO GETTING CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS) *continued*



4. Traditional waiver or CDCS

Once a waiver is approved, you will have the choice of receiving traditional waiver services or writing a CDCS. If you are interested in writing a CDCS, contact your case manager or tribal leader to learn more about CDCS, to make a decision, and to begin developing your plan. If you are already on a waiver, you can choose to switch to a CDCS.

5. Developing a person-centered plan

Consider developing a person-centered plan. This is a plan that focuses on your specific interests and strengths, and helps you choose the resources and pathway to set goals and achieve them.

- This is not a required step, but can be helpful for identifying how you will decide what to include in your Community Service Plan
- Identify goals and long-term plans
- Design a pathway of how to accomplish each of the goals
- Consider hiring a professional planner to assist with the process:
https://mn.gov/dhs/assets/03102017-PCP-facilitator-questions_tcm1053-283509.pdf

6. Finding out how much your budget will be from your case manager

7. Hiring a Financial Management Service (FMS)

- For parents currently on CDCS, this replaces the Fiscal Support Entity (FSE). This changeover is anticipated in the spring of 2019. There will only be a payroll model available once this change takes place.
- For parents writing their first CDCS you will need to hire a state approved service agency. They will receive funds from the state and perform payroll tasks related to the staff you hire to implement your CDCS.
- Here is a list of agencies approved by the state: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/fms.jsp>

8. Developing your Community Support Plan (CSP)

a. Consider hiring a support planner or flexible case manager

- This person should be familiar with the procedures and services available for you to purchase
- Here is more information about certified planners: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/cdcs.jsp>
- Ask your case manager about a current list of providers in your county
- The fee for a planner's services can be paid from the CDCS budget

b. The Community Support Plan (CSP) must describe the:

- Services you plan to purchase and the cost for those services
- Qualifications of the staff that you plan to hire
- The training staff will receive
- How the funds will be monitored

STEPS TO GETTING CONSUMER DIRECTED COMMUNITY SUPPORTS (CDCS) *continued*



c. Services must fall into one of four areas:

1. Personal assistance, including assistance with:

- Activities of daily living
- Shopping
- Cleaning
- Finances
- Transportation

2. Treatment and trainings, including:

- Private nurse or licensed practical nurse
- Therapies*
- Behavioral support*
- Special diet*

*(*requires a prescription)*

3. Environment modifications, including:

- Assistive technology
- Special clothing
- Home modifications
- Help with chores

4. Self-direction support activities

- Advertising to find workers
- Liability insurance
- Hiring a case manager

9. Submitting proposal to your county case manager, tribal entity, or health care plan

- Review your plan with your case manager to make sure all items address your basic health needs and are within state and federal guidelines
- Submit your plan for approval
- You will receive notification whether your plan has been approved or denied

10. Purchasing services

- Hire, train, and supervise staff
- Purchase equipment and other services as outlined in your CSP

Contact PACER

Questions? Contact Pat Lang or Linda Goldman Cherwitz with PACER's Health and Information Center at 952.838.9000 or email pat.lang@PACER.org or linda.cherwitz@PACER.org

DEPARTMENT OF HUMAN SERVICES MNCHOICES ASSESSMENT

(DHS-7283-ENG)

Steps to get help

Where do I start?

A person of any age with a disability or in need of long-term services and supports can ask for a MnCHOICES assessment. You do not need to be eligible for Medical Assistance or any other publicly funded program to receive an assessment. Call your county or tribal nation to request an assessment. For more information contact one of the following resources:

- Disability Hub MN – www.disabilityhubmn.org or 866.333.2466
- Senior Linkage Line – www.seniorlinkageline.com or 800.333.2433

What is a MnCHOICES assessment?

The MnCHOICES assessment helps determine public programs that might pay for your services or helps you learn about other options if you do not qualify for publicly funded programs.

- It is free to you.
- It will occur within 20 calendar days of your request.
- It is an in-person visit where you live or at a place of your choice.
- It will help identify:
 - Your support needs
 - Services or programs to meet those needs
 - How to get those services.

How should I prepare?

- Think about what is important to you regarding:
 - Where you live, work and how you participate in your community
 - Any challenges, barriers and concerns you have doing the things you like
 - If you want any family, friends or others to attend your assessment
- Gather a list of your medications.
- Allow about two hours for the visit.

- Visit the DHS MnCHOICES Assessment and Support Plan website for more details about the MnCHOICES process.

What you can expect

What will the MnCHOICES certified assessor ask me?

- Where and how you want to live, work and participate in your community.
- How you like to spend your time and with whom.
- How you take care of your day-to-day personal needs.
- How you manage your home and your physical and emotional health.
- If you have any concerns or other challenges that affect your ability to live as you choose.

How will a MnCHOICES assessment help?

It may help you:

- Understand your strengths and needs.
- Identify the services and supports that can help you live where you want.
- Identify if you may be eligible for Medical Assistance.
- Access publicly funded programs such as MA waivers, Personal Care Assistance (PCA) or other services and supports.
- It helps you learn about and have help accessing other support options.

What happens after the assessment?

After the interview, the assessor will summarize what they learned about you and your needs, discuss eligibility and outline services and supports that may help. You will receive:

- A copy of a planning worksheet at the assessment that outlines the services and supports you may be eligible for.
- A written plan that summarizes your care needs and options for services and supports.

DEPARTMENT OF HUMAN SERVICES MNCHOICES ASSESSMENT *continued*

What are my rights?

- You have the right to privacy.
- You have the right to be free from discrimination.
- You have the right to appeal if you disagree with the results of the assessment.
- You have the right to an interpreter at no cost to you.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1.800.358.0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်းခြင်းသို့ မဟုတ် 1.844.217.3563 ကိုခေါ်ဆိုပါ။

ಗಮನಿಸಿ: ഈ ದಸ್ತಾವೇಜನ್ನು ಅರ್ಥೈಸಿಕೊಳ್ಳಲು ಸಹಾಯအಗತ್ಯရှိပါက၊ ഈ ದಸ್ತಾವೇಜನ್ನು ඌပಪုသွယ်အကူအညီလိုအပ်ပါက 1.888.468.3787 ཀ

請注意:如果您需要免費協助傳譯這份文件,請告訴您的工作人員或撥打 1.844.217.3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, demandez à votre agent chargé du traitement de cas ou appelez le 1.844.217.3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1.888.486.8377.

ဗိုလ်သုတေသနအဖွဲ့၏ အဖွဲ့ဝင်များသည် အခမဲ့ အကူအညီ အတွက် အလုပ်သမားများ၏ ဝန်ဆောင်မှုများကို ချီးမွမ်းပေးခြင်း၊ သို့မဟုတ် သတိပေးချက်များကို အကူအညီ ပေးအပ်ခြင်း၊ 1.844.217.3549 တက်ပါ။

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의 하시거나 1.844.217.3565 으로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທສໂປທີ 1.888.487.8251.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbili 1.888.234.3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1.888.562.5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkaan, hawlwadeenkaaga weydiiso ama wac lambarka 1.888.547.8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1.888.428.3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1.888.554.8759.



For accessible formats of this information or assistance with additional equal access to human services, write to DHS.info@state.mn.us, call 800.657.3739, or use your preferred relay service.

ARC GUIDE TO MNCHOICES ASSESSMENT



What is MnCHOICES?

MnCHOICES is a new Home and Community-Based Services (HCBS) assessment tool and service support planning application for persons with disabilities seeking eligibility for public funded programs and services such as personal care assistance and waivers.

MnCHOICES will be conducted by a certified assessor (with a common set of skills and knowledge in best practices and person-centered principles) as replacement for the following county HCBS assessment tools:

- Developmental Disability (DD) Screening, assessing those:
 - At risk of placement in an ICF/DD
 - Requesting residential, training and habilitation, nursing facility or family support services
 - With reasonable indication of requiring this level of care
- Long-Term Care Consultation (LTCC), which:
 - Ensures persons are made aware of available home and community-based options
 - Prevents long-term placement of persons in nursing facilities, hospital swing beds and certified boarding care facilities
 - Provides options to persons so they can to make informed decisions about where they want to live
- Personal Care Assistance (PCA) assessment that consists of:
 - An assessor visiting your home visit to review daily needs
 - Assessment includes questions determines:
 - Need for a responsible party
 - Type of help needed on an average day
 - Medications
 - Health
 - Behavior
- (In the future) Private Duty Nursing (PDN) assessment to determine need for:
 - Professional nursing care based on the consumer's medical needs
 - Ongoing professional

What will MnCHOICES assess?

MnCHOICES determines eligibility for publicly-funded programs/services including:

Long-Term Services

HCBS waiver services (Community Alternatives for Disabled Individuals [CAD], Developmental Disabilities [DD], Community Alternative Care [CAC], etc.) allow individuals to live and be supported in the most inclusionary settings possible by providing additional services beyond those offered by Medical Assistance (MA).

ARC GUIDE TO MNCHOICES ASSESSMENT *continued*



Case Management

- Case managers will:
- Coordinate services
- Develop a service plan based on assessed needs and preferences
- Evaluate and monitor services identified in the service plan
- Help access needed services
- Help identify potential service providers

Personal Care Assistance Services

Support day-to-day activities in the home and community to help maximize independence

Intent of MnCHOICES

Assesses needs and streamlines access to services with one assessment instead of multiple assessments for different programs/services

- Promote statewide consistency in application of needs assessments
- Requires one annual re-assessment instead of staggered multiple re-assessments

How do I request a MnCHOICES assessment?

Contact your county Human Services Department.

What happens during the MnCHOICES assessment?

The process will include intake, assessment, and support planning for persons with disabilities. Specifically, demographic information will be collected, a health risk assessment will be taken, and you will be asked quality of life questions. Content includes:

- Personal Information - demographics, decision-making and emergency contacts
- Quality of Life - routines, relationships, strengths, traditions
- ADLs (Activities of Daily Living) - support needed with eating, bathing, dressing, etc.
- IADLs - support needed with med management, meal prep, etc.
- Health - medication usage, health risks, treatments and therapies
- Psychosocial - behaviors, addictions, etc.
- Memory and Cognition - issues related to developmental disabilities, treatment options, etc.
- Sensory and Communication - vision and hearing, ability to communicate, awareness and action when faced with safety concerns
- Employment, Volunteering and Training - identify barriers, needed resources for support
- Housing and Environment - current housing assessment and support with modifications
- Self-Direction - interest in PCA CHOICE, Consumer Support Grant, etc.
- Caregiver- assess capacity of informal (family/friend) caregiver to provide support
- Assessor conclusions - summary of content and next steps

ARC GUIDE TO MNCHOICES ASSESSMENT *continued*



What happens after the MnCHOICES assessment?

MnCHOICES produces an assessment summary which the certified assessor uses to:

- Review what was discussed during the assessment
- Develop an individual's Community Support Plan (CSP)

The CSP must include:

- A summary of assessed needs
- Options and choices to meet identified needs which includes options for:
 - self-directed service
 - case management service
 - provider service
- Identification of health and safety risks and how they will be addressed - including personal risk management strategies
- Referral information
- Informal caregiver supports (if applicable)
- For persons eligible for publicly funded long-term care services, the CSP must also include the services annual and monthly budget estimate amounts

If a case manager is assigned, a Coordinated Services and Support Plan (CSSP) will then be created. The CSSP is based on the Community Support Plan, but must meet additional criteria.

A written CSSP:

- Is developed and signed by the participant
- Includes the results of the assessment information regarding need for service, and how needs will be met - including support to be provided by the person's relatives, friends, and others, and community services used by the general public)
- Reasonably ensures the health and safety of the recipient
- Identifies preferences for services as stated by the person / conservator
- Reflects informed choice between institutional and community-based services
- Choice of services, supports, and providers - including available case manager providers
- Identifies long and short-range goals
- Identifies specific services and the amount, frequency, duration, and cost which are based on assessed needs, preferences and available

Where can I get more information?

Minnesota Department of Human Services' MnCHOICES website: <https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/mnchoices/>

For further information or advocacy services, contact The Arc Minnesota at 952.920.0855 or toll-free at 833.450.1494 or visit www.arcminnesota.org. (Please note: This document is not legal advice, and should not be construed as such. Thus, no information herein should replace the sound advice of an attorney.)



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TIPS FOR MNCHOICES ASSESSMENT

The following tips have been observed to be helpful for MICC families as they navigate the Home and Community Based Waiver process. They are not intended to be definitive, rather based on other experiences of families. When going through the waiver process please follow the guidance that your county provides.

While contacting your local county agency and requesting a MnCHOICES Assessment:

Directory: <https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/contact-us/county-tribal-offices.jsp>

1. When calling to schedule the MnCHOICES assessment, if the MICC participant has a guardian, the guardian will need to be on the phone to approve the assessment. If the MICC participant does not have a guardian, the participant will need to be present to also approve. For example, if a parent calls to request a MnCHOICES assessment and they are not their participant's legal guardian, the participant will most likely need to be on the phone or call back to provide approval.
2. When requesting a MnCHOICES assessment, it is helpful to let the county know you are seeking services in order to help the individual live independently in the community and would like to see if they qualify for a DD or CADI waiver by having a MnCHOICES assessment completed. If wanting to use funds towards MICC, let the intake coordinator know you would ultimately like to utilize the CDCS option under either the DD or CADI waiver once approved.
3. If the individual **does not have disability-based Medical Assistance (MA)** let the intake coordinator know this right away so they can provide you information about how to apply.
4. If the MICC participant **does not have Social Security**, it is helpful to tell the intake coordinator this and let them know the MICC participant will need to go through the process to be determined "certified disabled" through the State Medical Review Team (SMRT).
5. Before the MnCHOICES assessment, review the DHS document that states what you expect: <https://edocs.dhs.state.mn.us/lfsrserver/Public/DHS-7283-ENG>
6. Before the MnCHOICES assessment, gather documentation and provide it to the MnCHOICES assessor ahead of time if possible. See examples below about what documentation MICC staff can provide. It is also helpful to have the MICC participant's most recent psychosocial evaluation, medication list and any other relevant medication information prepared ahead of time.

During the MnCHOICES Assessment:

- When answering the questions think of the person and what they are like on their **worst day** since that is when they will be needing the most support. Although this is hard, it is necessary to.
- Frame your thinking as if the person were living alone in a one-bedroom apartment. How would this go? What supports would be needed in order for them to be safe and successful there?
- The more information provided the better! Some questions might seem very simple however it is good to expand on what is being asked. For example, is the person able to feed themselves. When answering think of everything revolving around food. Sometimes the person forgets to eat, they have a very limited diet, trying new foods is hard, needs assistance meal planning and cooking, sensory issues with certain foods, can't use the stove, doesn't know when food is fully cooked, only will eat frozen meals, etc.
- Make sure to let your assessor know that the end goal is to utilize the **CDCS option**.

TIPS FOR MNCHOICES ASSESSMENT *continued*

- These assessments can be long. If the MICC participant needs to take a break that is ok. If parents/guardians/trusted adults would like to say something without the person present to not hurt their feelings, ask them to step out or follow up with the MnCHOICES assessor after.

Documents MICC can provide for the MnCHOICES Assessment:

- A detailed letter from College, Careers or Community staff stating what supports/services the participant receives from MICC.
- College Students: Cost Breakdown for Services document Course and Service Descriptions and class schedule
- College Students: A copy of Competency Scores and descriptions about how to read them
- Community Participants: MICC Community Program Services Catalog and details about services received via individualized Service Agreement
- Any general questions regarding MICC or the services offered can be directed to Jena Kulenkamp (Transition and Resource Manager)



DEPARTMENT OF HUMAN SERVICES CONSUMER SUPPORT GRANT (CSG)

(DHS-5512)

The Consumer Support Grant (CSG) program replaces the Medicaid home care services of home health aide (HHA), personal care assistance (PCA) and home care nursing (HCN) with a state-funded grant. Participants work with their county or tribal agency to develop a person-centered, county-approved plan to manage and pay for a range of supports so they may live in their home.

The program gives consumers greater flexibility and freedom of choice in how they get their supports and services as well as who provides them. They may hire parents, spouses, family members, trusted neighbors or friends as well as employees of traditional home care provider agencies.

Who is eligible for a CSG?

To be eligible for a CSG, a person must meet all of these criteria:

- Be eligible for Medical Assistance (MA).
- Be assessed for HHA, PCA or HCN services.
- Be able to direct and purchase their own care and supports or have a family member, legal representative or other authorized representative direct and purchase their care and supports on their behalf.
- Have a functional limitation that requires ongoing supports to live in the community.
- Live in a home setting.
- Not receive services through:
 - MA managed care (except Special Needs BasicCare)
 - A home and community-based waiver
 - Family Support Grant
 - Alternative Care
 - MA home care services (HHA, HCN or PCA).

How do people receive the grant?

The county or tribal agency will assess the person's needs and help develop their CSG service plan. The plan:

- Identifies the supports the person needs
- Outlines how CSG will pay for those supports
- Describes the method for documenting the person's expenses.

CSG participants must:

- Arrange for purchasing their goods and services.
- Document all CSG expenditures.
- Hire a Financial Management Services (FMS) to help with employer obligations, billing and payment functions.

The county or tribal agency approves the plan and ensures that all costs are within the person's CSG budget.

How much can a person receive?

The grant amount is based on the person's home care assessment and rating, available program funding and state budget caps. Individuals can obtain an estimate of their grant from their county or tribal CSG coordinator. In state fiscal year 2018, an average of 2,629 participants per month received an average monthly grant of \$938.

What can CSG pay for?

A CSG participant may purchase a variety of supports that are included in their person-centered, county-approved plan. All goods and services must:

- Relate to the person's functional limitations.
- Help them live in their own home.
- Be over and above the cost of supporting a person without a disability.

Minnesota Waiver and Alternative Care Programs

DEPARTMENT OF HUMAN SERVICES CONSUMER SUPPORT GRANT PROGRAM *continued*

County or tribal agencies may customize the CSG program within state guidelines to fit the needs of their residents. People should contact their local agency for more information.

Examples of allowable expense categories may include:

- Companionship services
- Chore services
- Family counseling
- Home or vehicle modifications
- Nutrition services, home-delivered meals
- Respite care
- Home health aide or personal care-like services
- Home care nursing services

- Specialized equipment
- Transportation.

People must use all other available sources of payment before using the CSG.

How can people apply for the grant?

People may apply at their local county or tribal agency. Currently not all counties offer CSG. However, people may contact them with questions about the CSG. A list of counties and regional offices is on the DHS website at:

<https://mn.gov/dhs/general-public/about-dhs/contact-us/counties-and-regional-offices/>.

People may also call the Disability Hub MN at 866.333.2466 or online at www.disabilityhubmn.org.



For accessible formats of this information or assistance with additional equal access to human services, write to dhs.info@state.mn.us, call 651.431.2400 (voice), toll-free 800.882.6262, or use your preferred relay service. ADA1 (1-18)



ALTERNATIVE CARE SEMI-INDEPENDENT LIVING SERVICES (SILS)

Eligibility

A person is eligible to receive SILS if they meet all of the following criteria:

- Is 18 years old or older
- Has been determined to have a developmental disability or related condition
- Is unable to function independently without SILS
- Is not at risk of placement in an intermediate care facility for persons with developmental disabilities (ICF/DD).

*If the person uses home and community-based waiver services, they are not eligible for SILS.

Goal of SILS

The goal of SILS is to support people in ways that enable them to achieve personally desired outcomes and lead self-directed lives. SILS include training and assistance to:

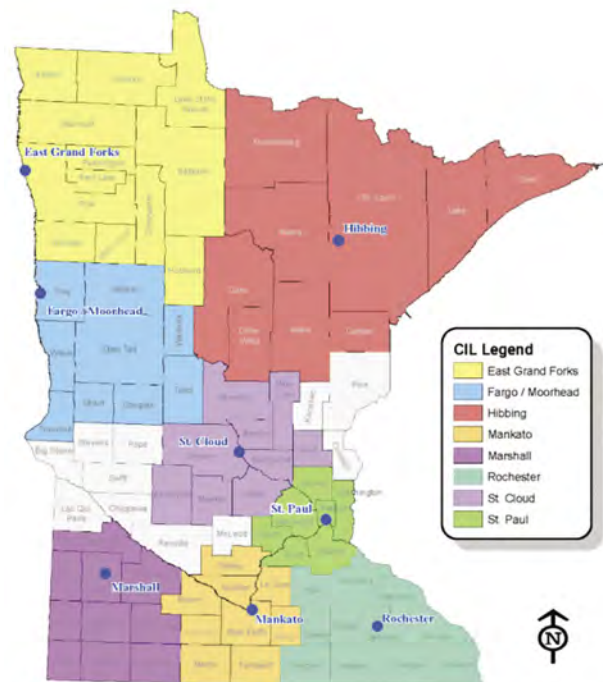
- Engage in activities that make it possible for an adult with developmental disabilities or related condition(s) to live in the community
- Exercise, social, recreation and transportation skills, including appropriate social behavior
- Learn and exercise the rights and responsibilities of community living
- Maintain personal appearance and hygiene
- Manage money, prepare meals and shop
- Obtain and maintain a home
- Perform first aid and obtain assistance in an emergency
- Self-administer medication
- Use the phone and other utilities.

Apply

You can contact your local county agency (PDF).
<https://edocs.dhs.state.mn.us/lfsrserver/Public/DHS-0005-ENG>

Center for Independent Living closest to MICC:

Metropolitan Center for Independent Living (MCIL)
530 Robert Street North
St. Paul, MN 55101
651.646.8342
www.mcil-mn.org



PERSONAL CARE ASSISTANCE (PCA)

MICC participants may choose to utilize PCA services if they qualify, as well as the services provided by MICC staff. If services are similar, it is important to collaborate. MICC staff is able to coordinate with outside providers on who is completing which service and when if needed.

Assessment for PCA Services

PCA services are person-centered. You must have an assessment for PCA services by an assessor through a lead agency (a county, tribal government or managed care organization). During the assessment, the assessor determines if:

- The person is able to direct his or her own care, or needs a responsible party (RP) to act on their behalf
- A need for PCA services exists; or if PCA services are the appropriate service to meet the member's assessed needs

*In Minnesota, individuals may choose whether they work with a **PCA Choice** or **Traditional PCA** agency.

Paying for Personal Care Assistance

If you qualify for Medical Assistance (MA) and Medical Assistance for Employed Persons with Disabilities (MA-EPD), these programs will pay for personal care assistance services for you if you meet eligibility requirements.

Traditional PCA

The Traditional PCA program helps people in need of care get set up with an aide through a PCA or homecare agency. The agency is responsible for hiring, training, paying, and scheduling PCAs to provide homecare services to the person receiving the service.

PCA Choice

The PCA Choice option offers you greater control and choice by giving you the opportunity to independently hire your own caregiver. By choosing PCA Choice, you the consumer are acting as the employer of your direct support

workers and are responsible for finding, hiring, training, scheduling and supervising your caregiver(s). This is referred to as "participant employer." You must also pick a PCA Choice provider agency by the date listed on your service agreement letter.

To be eligible for **PCA Choice**, you must:

- Be able to manage the responsibilities of hiring, training, scheduling, and firing employees or live with someone who can make those decisions for you
- Be eligible for PCA services through Medical Assistance
- Have a physical or mental condition, illness, or injury that requires the level of support a PCA can provide

*PCA Choice recipients must also complete an annual face-to-face assessment and approve the staff's time.

Where can I get more information?

The information on this document along with more details can be found at:

- MN Department of Human Services
Website: https://www.dhs.mn.gov/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_137828
- MN Department of Human Services
Website: https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_147675
- Disability Benefits 101 (DB101): <https://mn.db101.org/mn/situations/youthanddisability/planning/program2d.htm>

WISCONSIN IRIS (INCLUDE, RESPECT, I SELF-DIRECT)



What is the IRIS Program?

IRIS (Include, Respect, I Self-Direct) is a self-directed program for Wisconsin's frail elders and adults with disabilities. You have to be eligible for Medicaid to be in the IRIS program.

IRIS is built on the principles of self-determination and self-direction. That means that you will have the freedom to decide how you want to live your life.

How it Works

When you join IRIS, a budget is established for you based on your long-term care needs and goals. You get to decide what goods, support, and services will help you achieve your goals and, using your budget, you will help create a support and service plan to meet your needs. Your IRIS services will be there to help you live a meaningful life.

Since you will have a lot of freedom and choice, you will be taking on the responsibilities of managing your budget, acting as an employer to workers you choose to hire, and completing important paperwork for the program and your workers. You will also be responsible for reporting changes in your health or safety and maintaining your eligibility for Medicaid and the IRIS program.

You will need to understand and follow IRIS program rules and policies. If you choose to work with a provider, you will be responsible for negotiating the rate. If you choose to hire your own workers, you will be responsible for recruiting, hiring, training, scheduling, and supervising your employees. You will also need to have an emergency back-up plan to make sure someone is there to help you if your regular worker is unavailable. If there are changes in your health, condition, or safety, you will be responsible for reporting those changes.

Support from Others

Joining IRIS does not mean doing things all by yourself. You will have others to help you along the way. Every IRIS participant has an IRIS consultant agency and fiscal employer agent to help support self-direction.

How to Become a Participant

Eligibility

In order to be eligible to enroll in IRIS, you must:

- Live in Wisconsin
- Be at least 18 years old
- Be eligible for Medicaid
- Be a frail elder or an adult with a disability
- Need the same level of care as someone in a nursing home
- Live in a home, apartment, adult family home, or residential care apartment complex

IRIS: How to Enroll

Below is a brief overview of the enrollment process and the resources you will work with in the IRIS program.

Step 1: Contact your local aging and disability center

To enroll in IRIS, the first step is to contact your local aging and disability resource center (ADRC).

- ADRC representatives offer free, unbiased information about all long-term care options and resources in Wisconsin for older adults, people with disabilities, and their families.
- If you are interested in the IRIS program, your ADRC will help determine your functional, financial, and non-financial eligibility, and provide you with an orientation of your expected roles and responsibilities as a participant in the program.

Information Source: <https://www.dhs.wisconsin.gov/iris/index.htm>

WISCONSIN IRIS (INCLUDE, RESPECT, I SELF-DIRECT) *continued*



Step 2: Select an IRIS consultant agency and an IRIS consultant

Your ADRC will help you choose an IRIS consultant agency.

- An IRIS consultant agency helps IRIS participants self-direct and handles the day-to-day operations of the IRIS program.
- The agency will help you choose an IRIS consultant and will schedule an initial face-to-face meeting for program orientation.
- An IRIS consultant is a person from the IRIS consultant agency who knows about services in your area. He or she will help you understand IRIS requirements, learn the rules you must follow, complete paperwork, and answer your questions.

Step 3: Select a fiscal employer agent

After you enroll, your IRIS consultant agency will help you choose a fiscal employer agent.

- The fiscal employer agent does background checks on workers you hire, processes payroll, manages the amount of federal and state taxes to take out of your workers' checks, and helps with other employer tasks.
- The fiscal employer agent also processes any cost share you may owe and pays vendors for services.

What services are available?

In IRIS, you will have a budget based on your needs. With that budget you can choose which goods and supports you will use to achieve your long-term care goals. IRIS has a broad set of services available to you, including:

- Adaptive aids
- Adult day care
- Adult family home
- Communication aids
- Education and training for yourself and your workers

- Counseling and therapeutic resources
- Customized goods and services
- Daily living skills training
- Day services
- Home-delivered meals
- Home modifications
- Housing counseling and startup
- IRIS self-directed personal care
- Nursing services over your Medicaid card coverage
- Personal emergency response system
- Prevocational services
- Residential care apartment complex
- Support broker
- Supported employment
- Supportive home care
- Transportation
- Vocational futures planning

What funding can IRIS provide towards MICC College Program costs?

- Daily Living Skills Training Services
- Participant Education and Training Services
- Exact course details available upon request

IRIS Consulting Agency Used by MICC Participants:

- TMG: <http://tmgwisconsin.com/>

IRIS Fiscal Employer Agents (FEA) Used by MICC Participants:

- iLife: <https://www.ilifefinancialmanagement.com/Wisconsin-IRIS.htm>
- Outreach: <https://outreachhealth.com/iris-wisconsin/>

Information Source: <https://www.dhs.wisconsin.gov/iris/index.htm>

WISCONSIN IRIS (INCLUDE, RESPECT, I SELF-DIRECT) *continued*



How do I enroll?

If you want to enroll in IRIS, you need to contact your local aging and disability resource center (ADRC).

ADRC representatives offer free, unbiased information about long-term care options and resources in Wisconsin for older adults, people with disabilities, and their families.

Link to IRIS Participant Handbook: <https://www.dhs.wisconsin.gov/publications/p01008.pdf>

Where can I find more information?

The information stated on this document along with more details can be found at:

- Wisconsin Department of Health Services
Website: <https://www.dhs.wisconsin.gov/iris/index.htm> and <https://www.dhs.wisconsin.gov/iris/enroll.htm>
- IRIS Call Center at 888-515-4747 or
Email: info@Wisconsin-IRIS.com
- Wisconsin Department of Health Services
Division of Medicaid Services
IRIS Management Section
1 West Wilson Street, Room 518
PO Box 309
Madison WI 53701-0309
Fax: 608-224-5727
Email: IRIS@wpsic.com

Information Source: <https://www.dhs.wisconsin.gov/iris/index.htm>



WISCONSIN IRIS (INCLUDE, RESPECT, I SELF-DIRECT) TIMELINE



IRIS Timeline

Please refer to the timeline below for an illustration of the planning process and the time associated with each step.

WHAT HAPPENS	WHEN IT HAPPEN
You choose your IRIS Consultant Agency (ICA) at the Aging and Disability Resource Center	Your referral date
Your ICA contacts you with a welcome call	Within 3 days of your referral date
You select your consultant or one is assigned to you on the fourth day	Within 3-4 days from your welcome call
Your consultant has an initial visit with you	Within 14 days of your referral date
You and your consultant develop your IRIS plan and submit it to your ICA for approval	Within 30 days of your initial visit
Your IRIS plan is reviewed, approved and is implemented; your IRIS start date is established	Within 45 days from initial visit
Your IRIS enrollment is complete and your plan is activated	

Important: Making Your Plan Happen

You can begin to arrange the services, support and goods in your plan while your IRIS consultant agency is reviewing your plan. However, you cannot begin to receive IRIS funded services until the review is complete, your plan is approved and activated, and the service is authorized. This includes any workers you hire, as they may not begin work until after they have completed all paperwork and have successfully passed required background checks. Workers may not work more than 40 hours each week without prior approval and the timesheet you and your worker sign should not have more hours than are listed on your approved IRIS plan.

IRIS Consulting Agency Used by MICC Participants:

- TMG: <http://tmgwisconsin.com/>

IRIS Fiscal Employer Agents (FEA) Used by MICC Participants:

- iLife: <https://www.ilifefinancialmanagement.com/Wisconsin-IRIS.htm>
- Outreach: <https://outreachhealth.com/iris-wisconsin/>

* Information regarding this timeline can be found on page 12 in the IRIS Participant Handbook: <https://www.dhs.wisconsin.gov/publications/p01008.pdf>

DEPARTMENT OF HUMAN SERVICES MINNESOTA HEALTH CARE PROGRAMS

(DHS-3182-ENG)

Minnesota Health Care Programs can give you and your family coverage for most medical services or provide help paying your Medicare premiums, deductibles and copays. How much help you can get depends on the program you qualify for.

Medical Assistance

Medical Assistance (MA) is Minnesota's Medicaid program. There is no monthly cost to enrollees. MA pays for current and future medical bills. MA may also pay medical bills going back three months from when we get your application.

You can have other health insurance and still qualify. MA may help pay for the cost of your other health insurance.

Medical Assistance for Employed Persons with Disabilities (MA-EPD)

MA-EPD is a work incentive health care program that provides MA coverage to employed people with certified disabilities. You must earn more than \$65 a calendar month to be eligible for MA-EPD. An asset limit of \$20,000 applies. Assets owned by your spouse do not count. You pay a monthly premium based on your income. American Indians usually do not pay a premium.

Medicare Savings Programs

Medicare Savings Programs can help pay Medicare premiums, deductibles and copays for people enrolled or who can enroll in Medicare.

MinnesotaCare

MinnesotaCare is a Minnesota health care program. MinnesotaCare is low-cost health care coverage for Minnesotans who do not qualify for MA or Medicare, or cannot get affordable insurance through an employer. Most people pay a monthly premium. The premium is based on your household size and income. Coverage starts the first day of the month after you pay your premium.

What services are covered?

MA, MA-EPD and MinnesotaCare covered services include:

- Doctor's visits
- Outpatient care
- Emergency care
- Hospital care
- Maternity and newborn care
- Mental health care
- Alcohol and drug treatment
- Prescription drugs
- Rehabilitative services
- Laboratory services
- Preventive and wellness care
- Chronic disease management
- Dental care
- Vision care including eye glasses
- Chiropractic care
- Family planning
- Hearing aids
- Medical equipment and supplies

You may have to pay a copay for some medical services. Pregnant women and children under 21 do not pay copays.

The Medicare Savings Programs help pay Medicare related costs.

- **Qualified Medicare Beneficiary (QMB)** pays Medicare premiums, deductibles, copays and coinsurance (DHS-2087E)
- **Service Limited Medicare Beneficiary (SLMB)** pays Medicare Part B premiums (DHS-2087G)
- **Qualified Individual (QI)** pays Medicare Part B premiums for higher income individuals (DHS-2087I)
- **Qualified Working Disabled (QWD)** pays Medicare Part A premiums if you cannot get free Medicare Part A (DHS-2087F)

Information from DHS as of July 2022

DEPARTMENT OF HUMAN SERVICES MINNESOTA HEALTH CARE PROGRAMS *continued*

How can I qualify?

You must meet program rules including income limits. How much income you can have and still qualify depends on your household size, age, pregnancy status, if you are blind or have a disability, and the health care program you qualify for. **NOTE: Income guidelines are approximations only. Use these charts for general reference.**

MA MONTHLY INCOME LIMITS EFFECTIVE 7-1-22 – 6-30-23

FAMILY SIZE	1	2	3	FOR EACH ADDITIONAL PERSON, ADD
Infants under 2	\$3,204	\$4,318	\$5,431	\$1,113
Pregnant Women*		\$4,241	\$5,335	\$1,093
Children 2 through 18	\$3,114	\$4,196	\$5,277	\$1,081
Parents and caretaker relatives	\$1,506	\$2,029	\$2,552	\$523
Adults age 19-64 without children	\$1,506	\$2,029	\$2,552	\$523
Adults age 65 and older	\$1,133	\$1,527	\$1,921	\$394
People who are blind or have a disability	\$1,133	\$1,527	\$1,921	\$394

*A pregnant woman counts as two or more.

Can I qualify if my income is more than these limits?

If your income is more than the income limits, you may still qualify for MA by meeting a spenddown. A spenddown is like an insurance deductible. You pay part of your medical bills and MA pays the rest.

I am pregnant. If I qualify, will my baby get health care?

If you get MA as a pregnant woman, your baby will get MA through the month of his or her first birthday. During the first year, your baby's coverage cannot stop if he or she continues to live in Minnesota.

MA Asset Limits

Assets are items you own. Assets that may count include cash, bank accounts, stocks, bonds, certain vehicles and property where you do not live. Assets that do not count include the home where you live, household goods, personal items such as clothing and jewelry, and certain assets owned by an American Indian.

There is no asset limit if you qualify as a pregnant woman, a parent or caretaker relative of a child under age 19, a child under age 21, or an adult under age 65 without children. Parents and caretaker relatives who qualify for MA with a spenddown have an asset limit of \$20,000.

The asset limit if you qualify as a person who is blind, has a disability or is age 65 or older is \$3,000 for one and \$6,000 for a household of two or more.

MEDICARE SAVINGS PROGRAMS MONTHLY INCOME LIMITS EFFECTIVE 7-1-22 – 6-30-23

FAMILY SIZE	1	2	FOR EACH ADDITIONAL PERSON, ADD
Qualified Medicare Beneficiary (QMB)	\$1,153	\$1,547	\$394
Service Limited Medicare Beneficiary (SLMB)	\$1,379	\$1,851	\$472
Qualified Individual (QI)	\$1,549	\$2,080	\$531
Qualified Working Disabled (QWD)	\$2,285	\$3,072	\$787

The asset limit is \$10,000 for a single person and \$18,000 for a family of two or more, except for QWD. The QWD asset limit is \$4,000 for a single person and \$6,000 for a family of two or more.

Information from DHS as of July 2022

DEPARTMENT OF HUMAN SERVICES MINNESOTA HEALTH CARE PROGRAMS *continued*

MINNESOTACARE YEARLY INCOME LIMITS EFFECTIVE 1-1-22 – 12-31-22

FAMILY SIZE	INCOME LIMIT
1	\$25,760
2	\$34,840
3	\$43,920
FOR EACH ADDITIONAL PERSON, ADD	\$9,080

There is no asset limit for MinnesotaCare.

What if I do not qualify for a Minnesota Health Care Program but still need coverage?

You may be able to get health care coverage through your work. Ask your employer if they offer health insurance to you and your family. If your employer does not offer affordable health insurance, you may qualify for a tax credit to help you buy health insurance.

Qualified Health Plans (QHP) and MNSure

You may be able to buy Qualified Health Plan (QHP) coverage, with or without a tax credit on MNSure. If you qualify for a tax credit, the tax credit can help pay the monthly premium.

MNSure is Minnesota's health insurance marketplace. You can find, compare, and choose, quality health care coverage that best fits your needs and budget. QHPs are commercial health insurance plans offered by insurance companies. All plans offer preventive services, mental health and substance abuse services, emergency services, prescription drugs and hospitalization. Some plans include more benefits.

Each plan is reviewed by state regulators, certified as a QHP and approved to be sold on MNSure.

You are able to enroll in a QHP during the annual open enrollment period. You may qualify to enroll at other times due to certain life events such as the birth of a child, marriage or loss of health insurance coverage.

Advance Premium Tax Credit

get a federal tax credit right away to pay a part of your QHP premium. To qualify you must file taxes at the end of the year and enroll in a QHP through MNSure. The tax credit is paid to the health plan you choose. You must pay your portion of the health care premium to the health plan to start and keep coverage.

You may also qualify for cost sharing reduction. This benefit lowers the copays, coinsurance, and out-of-pocket costs you pay for health care services.

How can I apply?

Most people can apply for all Minnesota Health Care Programs:

- Online at www.mnsure.org
- By filling out the paper Application for Health Coverage and Help Paying Costs (DHS-6696). Go to <http://mn.gov/dhs/general-public/publications-forms-resources/application-forms/index.jsp> or call your local county agency to get the application.

The people listed here should apply for Medical Assistance (MA) by filling out the Minnesota Health Care Programs Application for Certain Populations (DHS-3876). Use this application if you meet ONE of the following:

- Are 65 years old or older
- Are blind or have a disability
- Are only requesting help with Medicare costs
- Are 21 years old or older, have no dependents, and have Medicare coverage
- Receive Supplemental Security Income (SSI)
- Are applying for Medical Assistance for Employed Persons with Disabilities (MA-EPD)

Go to <http://mn.gov/dhs/general-public/publications-forms-resources/application-forms/index.jsp> or call your local county agency to get the application.

DEPARTMENT OF HUMAN SERVICES MINNESOTA HEALTH CARE PROGRAMS *continued*

If you want to apply for payment of long-term care services such as nursing home care or services to help you stay in your home, apply:

- By filling out the Minnesota Health Care Programs Application for Payment of Long-Term Care Services paper application (DHS-3531). Go to <http://mn.gov/dhs/general-public/publications-forms-resources/application-forms/index.jsp> or call your local county agency to get the application.

Can I get help filling out the application?

You can get help filling out either the online or paper application by:

- Calling 855.366.7873.
- Contacting an assister in your area. Visit www.mnsure.org or call 855.366.7873 for an assister network list.
- Calling your local county agency.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

ያስተውሉ፡ ይህንን ዶክመንት ለመተርጎም እርዳታ የሚፈልጉ ከሆነ፡ የጉዳዩን ሰራተኛ ይጠይቁ ወይም በሰልክ ቁጥር 1.844.217.3547 ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1.800.358.0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်း ခြင်းသို့ မဟုတ် 1.844.217.3563 ကိုခေါ်ဆိုပါ။

గំበంకంపాతం 1. యెమ్మకామగ్రామకేంద్రముకుమార్గంవైపునకుసంబంధించినవ్యక్తులను సంబంధించి సమాచారంకోసం పిలువండి. యెమ్మకామగ్రామకేంద్రముకుమార్గంవైపునకు సంబంధించిన వ్యక్తులకు 1.888.468.3787 1.

請注意，如果您需要免費協助傳譯這份文件，請告訴您的工作人員或撥打 1.844.217.3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, demandez à votre agent chargé du traitement de cas ou appelez le 1.844.217.3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1.888.486.8377.

ဟံသုဂ်ဟံသးဘဉ်တက့၊ ဝဲနုမုဂ်လိဂ်ဘဉ်တမၤစၢလၢတၢ်ကတုးဆဲးဝဲနုလံာ် တီလံာ်စိတခါဆဲးန့ၣ်, သံက့ၣ်ဘဉ်ပုဂံဝဲနုမုဂ်မၤစၢလၢတၢ်ကတုးမုတ မုဂ်ကိးဘဉ် 1.844.217.3549 တက့.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의하시거나 1.844.217.3565 으로 연락하십시오.

ໂປຣດຊາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍດີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປຣໂບທີ 1.888.487.8251.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbili 1.888.234.3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1.888.562.5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, hawlwadeenkaaga weydiiso ama wac lambarka 1.888.547.8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1.888.428.3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1.888.554.8759.



For accessible formats of this information or assistance with additional equal access to human services, write to DHS.info@state.mn.us, call 800.657.3739, or use your preferred relay service.

GENERAL ASSISTANCE (GA)

“The General Assistance (GA) program helps people without children pay for basic needs. It provides money to people who can’t work enough to support themselves, and whose income and resources are very low. People who get GA are also eligible for help with medical and food costs through Medical Assistance (MA) and the Supplemental Nutrition Assistance Program (SNAP).”

–Minnesota Department of Human Services Website

Eligibility

To qualify for GA, you must meet income and asset limits listed below. Also, you must be unable to work enough to support yourself because you:

- Are ill or have a disability (permanent or temporary)
- Are taking care of someone with a disability or illness
- Are in a mental, physical, or drug rehabilitation facility
- Are determined unemployable by a vocational specialist and the county
- Are applying for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) or waiting on an SSDI or SSI appeal
- Are over 55 and can’t get a job because of your age
- Have a learning disability
- Have a drug or alcohol dependency
- Are a displaced homemaker who is a full-time student
- Are doing court-ordered services that prevent you from working at least four hours a day
- Are over age 18, attending high school, and English isn’t your first language, or
- Are under age 18 and not living with your family.

Income and asset limits

The monthly income limits, after subtracting allowed expenses, are:

- \$203 for one person

- \$250 for a child under 18 not living with your family
- \$260 for a couple.

The asset limit is \$10,000 per person.

Other benefits for which you may have to apply

If you qualify, you also must apply for other benefits that you may be able to get, such as:

- Worker’s Compensation
- Social Security Retirement, Survivors, and Disability Insurance (RSDI)
- SSI

Benefits

The maximum monthly benefit is:

- \$203 for a person living in the community
- \$102 for a person living in a licensed residential facility
- \$250 for a child under 18 not living with your family
- \$260 for a couple

Emergency funds may be available if you cannot pay for basic needs, such as shelter or food, and your health or safety is at risk because of this.

Apply

You can apply:

- Online at ApplyMN.dhs.mn.gov.
- On paper using the Combined Application Form (PDF). Mail or bring the completed form to your local county or tribal office (PDF).

MINNESOTA SUPPLEMENTAL AID (MSA)

“Minnesota Supplemental Aid (MSA) provides cash assistance of \$81 per month, to help adults who get Supplemental Security Income (SSI) pay for their basic needs. Some people who are blind, have a disability or are older than 65 but do not get SSI because their income is too high may also be eligible for MSA if they meet the income limit. People who get MSA are also eligible for help with medical, food and housing costs through Medical Assistance (MA), the Supplemental Nutrition Assistance Program (SNAP) and MSA Housing Assistance programs.”

–Minnesota Department of Human Services Website

Eligibility

To qualify, you must be:

- Age 18 or older
- Getting SSI, or eligible to get it except that your income is too high.

If your income is too high for SSI, you may qualify for MSA if you meet one of these criteria:

- Are age 65 or older
- Are blind
- Have a disability under SSI criteria.

You must also meet the asset limit of:

- \$2,000 for an SSI recipient
- \$10,000 for a non-SSI recipient.

Benefits

Basic monthly MSA grant

The amount of the basic monthly MSA grant is calculated using both the:

- Maximum SSI amount (Federal Benefit Rate) that applies to you, or your countable income if you do not get SSI, and the
- MSA standard set by state law.

You can estimate your monthly MSA grant using the interactive tools on Minnesota’s Disability Benefits 101 website. There are different calculators for people who get SSI and those who do not.

Special needs grant

MSA also may provide special payments for people who need:

- Medically prescribed special diets
- Representative payee services
- Guardian or conservator service fees
- Certain home repairs
- Certain household furniture and appliances
- Help paying for housing costs through MSA Housing Assistance.

Apply

You can apply:

- Online at <https://mnbenefits.mn.gov/>
- On paper using the Combined Application Form (PDF). Mail or bring the completed form to your local county or tribal office (PDF).

Where can I find more information?

The information stated on this document along with more details can be found at:

- MN Department of Human Services Website: <https://mn.gov/dhs/people-we-serve/adults/economic-assistance/income/programs-and-services/ga.jsp>
- MN Department of Human Services Website: <https://mn.gov/dhs/people-we-serve/adults/economic-assistance/income/programs-and-services/msa.jsp>

MINNESOTA SUPPLEMENTAL AID (MSA) HOUSING ASSISTANCE

“MSA Housing Assistance is a benefit that helps people with disabilities afford their housing. MSA Housing Assistance provides an additional \$420.50 per month starting July 1, 2022 to individuals who spend more than 40% of their income on housing.”

–Department of Human Services

Eligibility

To qualify for MSA Housing Assistance, you must meet all of the following criteria:

- Be eligible for Minnesota Supplemental Aid (MSA)
- Be under age 65
- Have total housing costs that are more than 40 percent of your total income

You must also meet one of the following criteria:

- Eligible for Medical Assistance (MA) personal care assistance (PCA) services
- Living in your own home or apartment and getting services through an MA-Waiver program
- Moving out of an institution, intensive residential mental health treatment program, or Housing Support (formerly GRH) setting and into a location in the community, such as your own home or apartment.

What does MSA Housing Assistance pay for?

MSA Housing Assistance can help pay for ongoing shelter costs like:

- Rent
- Monthly mortgage, interest, insurance and property taxes
- Manufactured home lot rental
- Utilities like heat, air conditioning, electricity, water, sewer, garbage, and the basic service fee for one telephone.

Application Process

Most people who get Supplemental Security Income (SSI) qualify for MSA. However, you do not automatically get MSA even if you are getting SSI or other benefits. You have to apply separately for MSA.

If you already get MSA, ask your county worker if you qualify for housing assistance.

If you do not already get MSA, you can apply:

- Online at <https://mnbenefits.mn.gov/>
- On paper using the Combined Application Form (PDF). Mail or bring the completed form to your county or tribal office (PDF).

When you apply, you should make sure to do the following on your application form:

1. Select the “Cash programs” box
2. For College Program Participants select the “Room and Board” option. For Community Program participants select “Rent”
3. In the comments area please write in “Applying for MSA and MSA-housing assistance”

Where can I get more information?

The information on this document along with more details can be found at:

- MN Department of Human Services Website: <https://mn.gov/dhs/people-we-serve/adults/economic-assistance/housing/programs-and-services/msa-housing.jsp>
- Disability Hub MN/Housing Benefits 101: <https://mn.hb101.org/a/11/>
- MSA-housing Assistance Video: <https://youtu.be/xQAgLV3xU8E>

HOUSING SUPPORT (FORMERLY KNOWN AS GROUP RESIDENTIAL HOUSING)

“The Housing Support program pays for room and board for seniors and adults with disabilities who have low incomes. The program aims to reduce and prevent people from living in institutions or becoming homeless”

–Department of Human Services

Eligibility

You must meet a combination of eligibility requirements set by the Supplemental Security Income program or General Assistance program to qualify for assistance. There are also income and asset limits. Generally, the program serves:

- People 65 or older
- People younger than 65 who have a condition that limits their self-sufficiency. For example, it may be a physical or mental health disability, visual impairment or chemical dependency.

Benefits

Your housing provider will receive payments to pay for your rent, utilities, food, household supplies and other necessities. Effective July 1, 2020, the current maximum Housing Support housing payment is \$934 per month. The amount for individual participants may vary. Depending on your income, you may have to pay a portion of the Housing Support housing rate directly to your housing provider.

The program can pay for additional supportive services in some settings if you do not qualify for home and community-based waiver programs.

Apply

You can apply:

- Online at www.MNbenefits.mn.gov
- On paper using the Combined Application Form (DHS-5223) (PDF). Mail or bring the completed form to your county or tribal office (PDF).

If you apply online or using the paper application form, check that you are requesting “cash assistance.” Write in the notes section that you are requesting Housing Support.

Where can I get more information?

The information on this document along with more details can be found at:

- MN Department of Human Services Website: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/housing/programs-and-services/housing-support.jsp#:~:text=Housing%20Support%20%28formerly%20known%20as%20Group%20Residential%20Housing%29,everyone%20receives%20this%20support%20in%20a%20group%20setting%2C>



SECTION 8 VOUCHERS

What is the Section 8 Voucher program?

Section 8 is a government-funded program that helps low-income households pay the rent on private, market-rate rental units.

How does it work?

After you receive a voucher from a Housing Authority, you search and find a unit (within certain requirements). The rent you will pay will be 30% to 40% of your household's adjusted gross income. A Housing Authority will pay a portion of the rent directly to the property. If you move, the voucher moves with you. To qualify for a Section 8 voucher, you must fall within Minnesota's income limits.

How do I apply?

Although the Department of Housing and Urban Development (HUD) funds the Section 8 program, it is administered by local housing authorities or other affiliated organizations. You will need to contact the housing authority where you want to live to get on a Section 8 Voucher waiting list (should one of the waiting lists be open). Waiting lists for vouchers are often long or closed. HousingLink cannot tell you about your individual status on a waiting list, but we do maintain a list of which housing authorities have waiting list openings.

Do I qualify?

To qualify for a Section 8 voucher, you must fall within Minnesota's income limits.

I have a voucher. How do I find a place that will accept it?

- You still have to apply for a unit at a rental property. Some properties may choose not to accept vouchers.
- Go to the home page to begin searching for available units.
 1. Select the counties and/or cities where you can use your voucher.
 2. Click "Search".
 3. On the Search Results page, click on the "Section 8 Voucher Accepted" column heading.
 4. Contact any of the listings with a green check mark.
- The housing authority will give you guidelines that identify an eligible rent amount.
- Most properties will require a credit, criminal, and rental history check.
- The unit must pass an inspection before you can move in and the subsidy payments can start.

Where can I get more information?

The information on this document along with more details can be found at:

- Housing Link: <https://www.housinglink.org/SubsidizedHousing/Section8Voucher>
- Housing Benefits 101: <https://mn.hb101.org/a/12/>

HOUSINGLINK: RENTAL HOUSING SUBSIDY PROGRAMS (THE BIG 3)

Public Housing

What it is

- Publicly owned and managed rental units for low-income households
- Some units are reserved only for seniors or people with disabilities.
- This is a project-based subsidy. (The subsidy stays with the unit)

What it costs

- Most units cost 30% of the households adjusted gross income.
- Some units have a low, fixed rent amount.

What it offers

- Very affordable rents; the rent you pay is based on your income
- Variety of housing styles (single-family, apartment, townhome) and amenities.
- A single access point for applying, often for a large number of units.

What to be prepared for

- You will need to apply at a public housing authority to get on the waiting list.
- Waiting lists for public housing can be closed or long
- Sometimes there are specific lists for specific bedroom sizes or housing types.
- A credit and history check will probably be required.
- Some units are older and come with few amenities
- If you don't like the unit(s) offered, you may have limited choices.

Project-Based Section 8 Housing*

What it is

- Privately owned and managed rental units for low-income households
- Some units are reserved only for seniors, people with disabilities, or other populations.
- This is a project-based subsidy. (The subsidy stays with the unit)

What it costs

- Most units cost 30% of the households adjusted gross income.
- Some units have a low, fixed rent amount.

What it offers

- Very affordable rents; the rent you pay is based on your income
- Variety of housing styles (single-family, apartment, townhome) and amenities.
- Many different landlords and property managers participate.

What to be prepared for

- You will need to apply at the individual property. Each owner keeps a separate waiting list.
- Waiting lists at properties can be closed or long
- You may have to call or travel around a lot to find out whose waiting list is open and how to apply.
- A credit and history check at the property will probably be required.
- Other project-based programs operate in a similar manner, including: Section 202, Section 236, Section 515 for rural areas, and Section 811.

HOUSINGLINK: RENTAL HOUSING SUBSIDY PROGRAMS (THE BIG 3) *continued*

Section 8 Housing Choice Vouchers

What it is

- Government-funded program that helps low-income households pay the rent on private, market-rate rental units.
- A renter finds a unit (within certain requirements); a housing authority pays a portion of the rent directly to the property.
- This is a tenant-based subsidy (The subsidy goes with the tenant).

What it costs

- 30% to 40% of a household's adjusted gross income.

What it offers

- Very affordable rents; the rent you pay is based on your income.
- A renter gets to choose the apartment he/she wants to rent (including possibly staying in the same unit where the renter already lives).
- Sometimes you can keep your subsidy if you decide to move.

What to be prepared for

- You will need to apply at a housing authority to get a voucher.
- Waiting lists for vouchers can be closed or long.
- You still have to apply at the property.
- A credit and history check at the property will probably be required.
- Some properties may choose not to accept vouchers.
- The unit must pass an inspection before the subsidy payments can start.
- The housing authority will help identify an eligible rent.



MN DHS HOUSING PROGRAMS THAT HELP PEOPLE WITH DISABILITIES

Housing Access Coordination

Who is it for?

People on a disability MA-Waiver

What does it do?

Helps a person plan, find, move into independent housing and follows up with the person

How do you get it?

Apply through a county or tribal human services office, phasing out in Summer2021 (replaced by Housing Stabilization Services)

Housing Access Services

Who is it for?

People with disabilities on MA but not on an MA-Waiver, is not homeless, at risk of homelessness and is not currently living in a congregate or institutional setting

What does it do?

Helps a person plan, find, move into independent, accessible housing, can provide funding for housing related expenses, and follows up with the person

How do you get it?

Contact The Arc Minnesota at 952.915.3632

Housing Stabilization Services (HB101 Article)

Who is it for?

People on MA that need help finding or keeping housing

How do you get it?

Apply for MA through a county or tribal human services office or online

Housing Consultation

Who is it for?

People eligible for Housing Stabilization Services who do not have a MA-funded case manager

What does it do?

Housing-focused person-centered planning service

Housing Transition

Who is it for?

People eligible for Housing Stabilization Services

What does it do?

Helps a person plan for, find, and move into housing

Housing Sustaining

Who is it for?

People eligible for Housing Stabilization Services

What does it do?

Helps people maintain their housing

Housing Support – Group Settings

Who is it for?

People with very low income with a disability or disabling condition

What does it do?

Pays room and board in a place where a provider is authorized to accept Housing Support. Payment goes to the provider not to the person. Sometimes pays for additional supports.

How do you get it?

Apply through a county or tribal human services office

Housing Support – Community Based

Who is it for?

People with very low income with a disability or disabling condition

What does it do?

Pays for rent, utilities and other related expenses for a person with their own lease in the community. Payment goes to the provider. Sometimes pays for additional supports.

Housing Programs and Assistance

MN DHS HOUSING PROGRAMS THAT HELP PEOPLE WITH DISABILITIES *continued*

How do you get it?

Apply through a county or tribal human services office

Housing Support Supplemental Services

Who is it for?

People who are eligible for Housing Support, not on an MA-Waiver or receiving PCA services, that need more supportive services beyond room and board

What does it do?

Sometimes pays for additional supports in approved group and community-based settings.

How do you get it?

Apply through a county or tribal human services office. Documentation of need for services from a qualified professional required.

MA-Waivers (CADI, CAC, BI, DD and EW) Transitional Services

Who is it for?

People on an MA-Waiver who want to move to a more independent setting

What does it do?

Pays for expenses (furniture, moving expenses, deposits, etc.) related to transition

How do you get it?

Apply through a county or tribal human services office

Minnesota Supplemental Aid (MSA)

Who is it for?

People on SSI

What does it do?

Provides \$81

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

MSA Housing Assistance

Who is it for?

People who are eligible for MSA and spend at least 40% of their income on housing

What does it do?

Provides up to \$392 a month to help pay for housing costs

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

MSA Special Diets

Who is it for?

People eligible for MSA who are prescribed special diets

What does it do?

Provides up to 50% of the SSI rate per month to help pay for housing costs. Additional eligibility criteria must be met.

How do you get it?

Apply through a county or tribal human services office or online at <http://applymn.dhs.mn.gov>

MSA Guardianship/Conservatorship Fees

Who is it for?

Persons who must pay a fee to a court appointed guardian or conservator

What does it do?

Provides extra funding. Amount varies per type of special diet.

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

MSA Representative Payee Fees

Who is it for?

Persons who must pay a fee to a Representative Payee

What does it do?

Provides a fee of 5% of the client's income, up to \$100 per month. This fee goes directly to the Guardian/Conservator.

Housing Programs and Assistance

MN DHS HOUSING PROGRAMS THAT HELP PEOPLE WITH DISABILITIES *continued*

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

MSA Home Repairs

Who is it for?

Persons living in their own home who need to make home repairs

What does it do?

Provides up to \$25/month. This fee goes directly to the Representative Payee.

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

MSA Home Furnishings and Appliances

Who is it for?

Persons who need to purchase or repair home furnishings or appliances

What does it do?

Payment is made directly to the vendor. Only certain home repairs are covered.

How do you get it?

Apply through a county or tribal human services office or online at <https://applymn.dhs.mn.gov>

Moving Home Minnesota Transitional Services

Who is it for?

People on MA who want to move from an institutional setting into a community-based setting

What does it do?

Provides limited assistance once every 3 years. Amounts vary depending upon items needed.

How do you get it?

Obtain a referral from a county or tribal human services office

Moving Home Minnesota Transition Service Coordination

Who is it for?

People on MA who want to move from an institutional setting into a community-based setting

What does it do?

Pays for support and coordination of transition

How do you get it?

Apply through a county or tribal human services office

Relocation Service Coordination

Who is it for?

People on MA who want to move from an institutional setting into a community-based setting

Return to Community

Who is it for?

People over 65 living in a nursing home that want to move into the community

What does it do?

Provides help to find housing in the community and move out of a nursing home

How do you get it?

Contact the Senior LinkAge Line™ at 1-800-333-2433

WAYS TO PAY FOR RENT AND HOUSING

Types of Programs:

- Income Supplement: Person gets extra money for housing and/or housing expenses may be paid on their behalf to a provider
- Moving Costs: Funding for housing related items that are not rent
- Project-Based: Entire building or part of a building is subsidized
- Voucher: Unit is anywhere as long as landlord accepts it

Bridges Rental Assistance

Type of Program

Voucher

Who is it for?

Persons with very low incomes and mental illness. Grant administrators prioritize applicants, and give top priority to persons living in an institution or other segregated setting who will be homeless when discharged.

What does it do?

Provides a temporary rent subsidy that is linked with community mental health services until the person gets a permanent rental subsidy.

How do you get it?

Bridges Program Contacts: If you meet the above priority population requirement and eligibility criteria, contact your local housing or mental health agency for information about how to apply.

Bridges RTC Program Contacts: For assistance for persons at the Anoka Regional Treatment Center (AMRTC) or Forensic Services

Must apply for permanent rental subsidy when available.

Emergency Assistance

Type of Program

Income supplement

Who is it for?

A person with low income experiencing a financial emergency. This is usually a one-time help available.

What does it do?

Each county covers different services and could be eviction help, utility help, shelter fees, or other.

How do you get it?

Contact your local county or tribal human services office

Emergency General Assistance

Type of Program

Income supplement

Who is it for?

A person who meets General Assistance income level rules (200% of poverty level) with an emergency.

What does it do?

Each county covers different services and could be eviction help, utility help, or other.

How do you get it?

Contact your local county or tribal human services office

Family Homeless Prevention and Assistance Program (FHPAP)

Type of Program

Grant to a provider

Who is it for?

Helps individuals and families who are homeless or at imminent risk of homelessness who are below 200% of poverty level.

What does it do?

Grants to pay rent, mortgage, utilities, or other housing costs that help people maintain or attain housing.

How do you get it?

Contact an organization on the client reference list.

Temporary program, assistance goes directly to providers

Housing Programs and Assistance

WAYS TO PAY FOR RENT AND HOUSING *continued*

Homework Starts with Home

Type of Program

Voucher

Who is it for?

Families with school aged children, unaccompanied youth, or youth with children in school. People who are homeless or at imminent risk of homelessness who are below 200% of poverty level.

How do you get it?

Contact an organization on the client reference list.

Temporary program, assistance goes directly to providers

Housing Support – Group Settings

Type of Program

Income Supplement

Who is it for?

People with very low income with a disability or disabling condition

What does it do?

Pays room and board in a place where a provider is authorized to accept Housing Support. Payment goes to the provider not to the person. Sometimes pays for additional supports.

How do you get it?

Apply through a county or tribal human services office

Housing Support – Community Based

Type of Program

Income Supplement

Who is it for?

People with very low income with a disability or disabling condition

What does it do?

Pays for rent, utilities and other related expenses for a person with their own lease in the community. Payment goes to the provider. Sometimes pays for additional supports.

How do you get it?

Apply through a county or tribal human services office

Housing Trust Fund Rental Assistance

Type of Program

Voucher and Project-Based

Who is it for?

Depends on the agency and could be for: long-term homeless, extremely low income, have HIV/AIDS, have chemical dependencies or mental illness

What does it do?

Pays for privately owned rental housing

How do you get it?

Contact the Coordinated Entry (CE) system in each Continuum of Care (CoC) region.

MA-Waivers (CADI, CAC, BI, DD and EW) Transitional Services

Type of Program

Moving Costs

Who is it for?

People on an MA-Waiver who want to move to a more independent setting

What does it do?

Pays for expenses (furniture, moving expenses, deposits, etc.) related to transition

How do you get it?

Apply through a county or tribal human services office

MFIP Housing Assistance

Type of Program

Cash grant

Who is it for?

People eligible for MFIP not receiving another housing subsidy

What does it do?

Provides \$110 for housing

Housing Programs and Assistance

WAYS TO PAY FOR RENT AND HOUSING *continued*

How do you get it?

Apply through a county or tribal human services office

Minnesota Supplemental Aid (MSA) Housing Assistance Type of Program

Type of Program

Income Supplement

Who is it for?

People on SSI who are eligible for MSA and spend at least 40% of their income on housing

What does it do?

Provides up to half the SSI benefit rate a month to help pay for housing costs

How do you get it?

Apply through a county or tribal human services office

Moving Home Minnesota Transitional Services

Type of Program

Moving Costs

Who is it for?

People on MA who want to move from an institutional setting into a community-based setting

What does it do?

Pays for expenses (furniture, moving expenses, deposits, etc.) related to transition

How do you get it?

Obtain a referral from a county or tribal human services office

Public Housing

Type of Program

Project-Based

Who is it for?

People who are low-income, families, seniors, and people with disabilities

What does it do?

Rental housing, managed by a public housing authority, where rent is based on a person's income

How do you get it?

Contact a local housing authority

RentHelpMN (COVID-19 Emergency Rental Assistance Program)

Type of Program

Income supplement

Who is it for?

Minnesota renters who either 1) qualified for unemployment or 2) had a decrease in income or increase in expenses due to COVID-19.

What does it do?

Helps pay past due rent and/or utilities, upcoming rent, and other housing-related costs.

How do you get it?

Apply online at renthelpmn.org

Section 8 Family Unification Program

Type of Program

Voucher

Who is it for?

- Families at risk of being separated due to lack of housing
- Former foster youth ages 18 – 21

What does it do?

Pays rent where a landlord will accept it as a form of payment

How do you get it?

Referred to one of 6 public housing authorities that have the program by your local county or tribal human services office. Each housing authority has its own application.

Section 8 Housing Choice Voucher Program (including Section 811 Voucher and Non-Elderly Disabled [NED] Voucher)

Type of Program

Vouchers

Housing Programs and Assistance

WAYS TO PAY FOR RENT AND HOUSING *continued*

Who is it for?

People who are low-income, families, seniors, and people with disabilities

What does it do?

Pays part of the rent to a private landlord; person must find a landlord willing to accept it

How do you get it?

Contact a local housing authority

What does it do?

Pays rent of the rent in select apartments in participating properties

How do you get it?

Referrals are only accepted from select homeless outreach providers or MHM transition workers. These providers are notified when vacancies occur, or new applicants can be added to the waiting list.

Section 8 Project-Based Voucher Program

Type of Program

Project-Based

Who is it for?

People who are low-income, families, seniors, and people with disabilities

What does it do?

Same as the Section 8 Housing Voucher Program, except all the vouchers are in the same building or project

How do you get it?

Contact a local housing authority. Properties are listed on the HUD Resource Locator site.

Section 811 Capital Advance Funding

Type of Program

Project-Based

Who is it for?

People who have a disability and low incomes

What does it do?

Pays rent in certain Accessible Space, Inc. buildings that were built using Section 811 HUD funding

How do you get it?

Find affordable housing at Accessible Space

Section 811 (managed by the Department of Human Services)

Type of Program

Project-Based

Who is it for?

People who have a disability and extremely low incomes, and who are:

- Experiencing Long Term Homelessness and Serious Mental Illness and are working with a Project to Assist with Transitions from Homelessness Outreach worker
- Persons exiting institutions and enrolled in Moving Home Minnesota

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

“SNAP, formerly known as Food Stamps, helps Minnesotans with low incomes get the food they need for nutritious and well-balanced meals. The program provides support to help stretch your household food budget. It is not intended to meet all of your household’s food needs. It is a supplement. If you are approved for SNAP, you can use your benefits at many stores, farmers markets and senior dining sites.”

–Minnesota Department of Human Services Website

Eligibility

Income and assets

SNAP eligibility depends on your household’s income. Most types of income are counted. There are many deductions from income that are allowed under SNAP. A county worker can give you more information on income limits and deductions.

Some people automatically qualify for SNAP

Some households don’t have to worry about SNAP’s income limits. For example, if everyone in your household is on one of these programs, you’ll qualify for SNAP no matter what your gross income is:

- General Assistance (GA)
- Supplemental Security Income (SSI)
- Minnesota Supplemental Aid (MSA)

Benefits

The amount of benefits you get is based on your income, expenses and the number of people in your household. If approved for the program, you will get an Electronic Benefit Transfer (EBT) card. It is like a debit card. Each month, your benefits will be credited to your EBT account.



During the month, you use your card to purchase food at stores that display a poster or sign that reads: “We Accept EBT.” Grocery stores and convenience stores must sell a variety of foods to be approved to accept EBT. The card also may be used at authorized sites for Meals on Wheels and congregate dining. Many farmers markets also accept EBT.

You can use SNAP benefits only to buy food and plants and seeds to grow food for your household to eat. You cannot use it to buy:

- Any nonfood item, such as pet foods, household supplies like soap and paper products, or grooming items like toothpaste and cosmetics
- Alcoholic beverages and tobacco
- Vitamins and medicines
- Any food that will be eaten in the store
- Hot foods.

Apply

You can apply:

- Online at <https://mnbenefits.mn.gov/>
- On paper using the Combined Application Form (PDF). Mail or bring the completed form to your local county or tribal office (PDF).

Where can I find more information?

The information stated on this document along with more details can be found at:

- MN Department of Human Services Website: <https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp>
- Disability Benefits 101: https://mn.db101.org/mn/programs/income_support/food_support/program.htm
- DHS How to use your EBT card: <https://www.fmchs.com/images/documents/EBT.pdf>
- Call one of Minnesota’s SNAP hotlines
 - Twin Cities: 1.651.431.4050
 - Outside Twin Cities: 1.800.657.3698

ADULT REHABILITATION MENTAL HEALTH SERVICES (ARMHS)

“Mental health services that are rehabilitative and help a person develop and enhance psychiatric stability, social competencies, personal and emotional adjustment and independent living and community skills.”

–Minnesota Department of Human Services

Eligibility

ARMHS is regulated and funded through the Minnesota Department of Human Services. ARMHS services are available to people who are 18 years of age and older and have been diagnosed with any mental illness. Provider may perform independent diagnostic assessments as part of the eligibility verification process. ARMHS services are paid by Medical Assistance (MA). Participants must be eligible for or currently receiving MA or coverage through a Prepaid Medical Assistance Program (PMAP) to qualify for ARMHS.

Who can make a referral?

Anyone can make a referral for ARMHS services. Typically referrals come from: Case Managers, Social Workers, Medical professionals, family and friends of someone in need and self-referral. Contact provider for more information about referral process.

ARMHS PROVIDER OPTIONS

PROVIDER	LOCATION	CONTACT INFORMATION
Fraser	Bloomington	https://www.fraser.org/services/mental-health • 952.767.2267
Metro Psychology Support Services	St. Paul	https://metropsychologysupportservices.godaddysites.com • 651.645.7971
Family Support Services, Inc. (Nystrom and Associates)	Several Twin Cities locations	https://www.nystromcounseling.com/our-services/adult-rehabilitative-mental-health-services-armhs/ • 1.844.374.4068
Associated Clinic of Psychology	Several Twin Cities locations	https://acp-mn.com/ • 612.925.6033
Pathways Counseling Inc.	St. Paul	https://www.pathwayscounselingcenter.org/ARMHS.asp • 651.641.1555
Live Better LLC.	Minneapolis	https://www.lb-mn.com/ • 612.205.0723

DHS list of ARMHS Certified Providers: <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>

Where can I find more information?

The information stated on this document along with more details can be found at:

- Minnesota Department of Human Services Website: <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>
 - Individuals seeking an ARMHS Provider MHCP Member Call Center 651.431.2670
- ARMHS Provider Websites

MENTAL HEALTH THERAPY OPTIONS

MICC's provision of the following resources does not represent an endorsement. We recommend you contact these resources directly for information specific to your participant's unique needs.

TRADITIONAL THERAPY OPTIONS

NAME	CONTACT INFORMATION	DETAILS	WEBSITE
Bloomington Mental Health Services	8100 Penn Ave. S. Suite 154 Bloomington 612.968.6097	Stephanie Morris, John O'Brien, and Elizabeth Senne have worked with MICC participants. Often willing to meet on campus.	https://www.bmhsmn.com/
Nystrom & Associates	1101 E 78th St, Suite 100 Bloomington 1.844.697.8766	Variety of therapists who have worked with our students	https://www.nystromcounseling.com/
Fraser	1801 American Blvd. E. Suite 8 Bloomington 952.767.2267 2400 West 64th St. Richfield 612.861.1688	Specializes in Autism	https://www.fraser.org/services/mental-health
Autism Society of Minnesota	2380 Wycliff St. Suite 102 St. Paul 651.647.1083 ext. 13	Therapists specialize in working with clients with Autism	https://ausm.org/therapy/
Fairview Counseling Services	Variety of locations 1.800.468.3120	Some therapists specialize in clients with ADHD	https://www.fairview.org/services/counseling-centers
Associated Clinic of Psychology	4027 County Rd. 25 Minneapolis 612.925.6033	Also offers ARMHS worker	https://acp-mn.com/therapy-mn/
Lakewood Counseling	6607 18th Ave. S. Richfield 612.798.7373 ext. 33	Therapist Steve Ruff specializes in clients with developmental disabilities	https://www.lakewoodcounseling.com/SteveRuffLMFTChildandPlayTherapist.en.html
Allina Health Clinics	7920 Old Cedar Ave. S. Bloomington 952.428.1800 1110 Yankee Doodle Rd. Eagan 651.454.3970	Brigitte King at Eagan and Richard Sullivan at Bloomington have worked with our students and clients with Autism before	https://account.allinahealth.org/services/843
Catalyst Mental Health	8120 Penn Ave. S. Suite 400 Bloomington 1.800.336.5973	See therapist list for those who specialize in developmental disability	https://catalystmentalhealth.com/
Choices Psychotherapy	7901 Xerxes Ave. S. Suite 225 Bloomington 952.544.6806	Specializes in Anxiety Disorders, ADHD, Autism Spectrum Disorders, Bipolar Disorder, Borderline Personality Disorder, Pain, Depression, Gender Transition, Grief Management, PTSD and more.	https://choicespsychotherapy.net

MENTAL HEALTH THERAPY OPTIONS *continued*

NON-TRADITIONAL THERAPY OPTIONS

NAME	CONTACT INFORMATION	DETAILS	WEBSITE
Ann Mullinix	ann.mullinix2@gmail.com	Health and Wellness Coaching – blends integrative health coaching techniques with 28 years of rehabilitation experience as an occupational therapist	https://www.linkedin.com/in/leighannmullinix7324a6132/
Juli Wilde Wilde Wellness Coaching	wildewell@gmail.com 612.217.0231	Health and Wellness Coaching– Juli works with teens and young adults to support their physical and emotional well-being and to gain independence skills. Juli also work with parents and caregivers on topics like over-functioning.	https://www.wildewell.com/
Choices Psychotherapy	Erin Dolan, MS, ATR-BC, LPCC 10201 Wayzata Blvd. Suite 100 Minnetonka 952.544.6806	Art Therapy	https://choicespsychotherapy.net/services/
Northeast Art Therapy	79 13th Ave. NE. Minneapolis 612.509.9987	Art Therapy – billing is either private pay (\$100/session), sliding scale, or out-of-network	https://hearttherapy.com/services
Art of Counseling	275 4th St. E. St. Paul 651.318.0109	Art Therapy	https://artofcounselingstpaul.com/
Professional Rehabilitation Consultants	1394 Jackson St. St. Paul 651.603.8774	Mental health occupational therapy with an art focus	https://www.prcstpaul.com/
Minnesota Art Therapy and Counseling	2637 27th Ave. S. Minneapolis 612.367.7163	Art therapy – experience with clients with Autism	http://www.arttherapymn.com/
ABH Therapy	3300 County Rd. 10 Brooklyn Center 763.560.8331	1x/week, various DBT groups including one just for those with Autism which is Tues 3-5	http://www.abhtherapy.com/?page_id=61
Healing Lives	Woodbury (30 min from campus)	Equine therapy	http://healinglivescounseling.com/
Stable Living	Minnetrissa (40 min from campus) 952.240.1621	Equine therapy	https://www.stableliving.us/faqs
Hold Your Horses	Greenfield (40 min from campus) 763.498.0007	Equine therapy – Molly DePrekel has been recommended	https://holdyourhorses.org/
Acres for Life	Forest Lake (55 min from campus) 651.257.4159	Equine therapy	https://www.acresforlife.org/

MENTAL HEALTH THERAPY OPTIONS *continued*

INTENSIVE OUTPATIENT THERAPY PROGRAMS

NAME	CONTACT INFORMATION	DETAILS	WEBSITE
Prairie Care Medical Group	6363 France Ave. Edina 952.826.8475	Adapted DBT and ACT therapies (3 half days for 12 weeks)	https://www.prairie-care.com/services/intensive-outpatient/
Water's Edge Counseling and Healing Center	14551 Judicial Rd. Burnsville 952.898.5020	Depression, anxiety, and trauma focus with mindfulness and skills building (3 hours a day for 3-4 days a week)	http://www.watersedgehc.com/our-services/intensive-outpatient/adult-depression-anxiety-trauma/
Healing Connections Therapy Center	1751 Southcross Dr. W. Burnsville 952.892.7690	DBT Therapy (3 half days for 12 weeks)	https://healingconnectionsonline.com/day-treatment/
Associated Clinic of Psychology	4027 County Rd. 5 Minneapolis 612.925.6033	Adaptive DBT (1 half day for 26 weeks)	https://www.acp-mn.com/dbt
Pinnacle Behavioral Healthcare	7250 France Ave. Edina 2105 W143 St. Burnsville 952.303.6832	DBT and Skills groups (3 half days a week)	http://www.pinnaclebhc.com/mental-health-services-intensive-outpatient-program
Rogers Behavioral Health	6442 City West Parkway Eden Prairie 763.318.2800	Depression Recovery (5 half days a week in the evening)	https://rogersbh.org/locations/minneapolis
University of Minnesota Health	2312 S 6th St. Minneapolis 612.672.2736	Day Treatment with 10 specialty tracks (3 days per week for 3 hours a day)	https://www.mhealth.org/care/overarching-care/behavioral-health-and-mental-health-adult/mental-health-treatment-programs
Horizons at MHS	6600 France Ave. S. Edina 952.835.2002	DBT group for adults with developmental disabilities and mental illness (3x/week)	https://www.mhs-dbt.com/mndbt/horizons-dbt-program/

General Mental Health Resources

- COPE: Community Options for Psychiatric Emergencies mobile crisis team 612.596.1223
- NAMI: National Alliance on Mental Illness 651.645.2948
- Substance Abuse and Mental Health Services Administration (SAMHSA) 1.800.662.4357
- National Suicide Prevention Lifeline 1.800.273.8255
- National Hopeline Network 1.800.442.4673
- Mental Health America Text MHA to 741741

LGBTQ+ Mental Health Resources

- The Trevor Project: Text START to 678678
- The National Center for Transgender Equality: transequality.org
- The Association of Gay and Lesbian Psychiatrists: aglp.org
- GLMA: glma.org
- Trans Lifeline: translifeline.org
- The Q Card: <http://www.qcardproject.com>
- LGBT National Help Center: 1.888.843.4564

MENTAL HEALTH AND CRISIS RESOURCES

Mental Health Resources

MICC maintains a list of provider, therapy and mental health support options. Please contact us for a copy of this list.

NAMI Crisis Resources

We all have mental health. It can be good, it can be bad, it can be somewhere in-between, and it can vary day-by-day. Sometimes, because of our genetics or our environment, things can become tough. Mental illnesses like anxiety, depression, bipolar disorder, and many more are experienced by **1 in 5 people** every year and, unfortunately, only 50% receive treatment. But we can change that – and it starts with you!



No matter your age or the challenges you face, there are resources and support available to help you lead a full life, accomplish your goals, and help you in recovery. Below are some of the best resources available to you right now.

Crisis Resources are available 24 hours a day, 7 days a week, 365 days a year. These resources are free and are meant for people in crisis and those concerned about someone who may be in crisis. If you're in doubt, reach out via whichever method is most comfortable for you.

Prefer to Call?:

- National Suicide Prevention Lifeline: 1.800.273.TALK (8255); Spanish: 1.888.628.9454
- The Trevor Project: 1.866.488-7386
- Mobile Crisis Team: **CRISIS (**274747) from a cell phone; 1.612.596.1223 from a landline
- Minnesota Farm & Rural Helpline: 1.833.600.2670

Prefer to Text?

- Crisis Text Line: Text **MN** to **741741**
- The Trevor Project: Text **START** to **678678**

Prefer to Chat?

- National Suicide Prevention Lifeline: suicidepreventionlifeline.org/chat
- The Trevor Project: thetrevorproject.org/get-help-now

Mobile Crisis Teams are made up of mental health professionals who provide services to individuals within their own homes. These teams provide face-to-face, short term, intensive mental health services for free across the state. Services help the recipient to cope with immediate stressors, identify available resources, and develop action plans.

NAMI Minnesota Support Groups: NAMI Minnesota offers a variety of support groups for people living with mental illnesses and their families. Groups are free, function on a drop-in basis, and can be completely anonymous. Visit namimn.org/support/nami-minnesota-support-groups to see all support groups.

Visit NAMI Minnesota's website for additional resources: www.namimn.org

Limited Mobility Program

The Limited Mobility Program offers discounted transit fares to encourage customers who have a qualifying disability to use regional transit service. Metro Transit bus operators and/or Metro Transit Police accept the Limited Mobility ID Card, Metro Mobility ID Card, or an “A” or “L” endorsement on your Minnesota ID Card or Driver’s License to pay reduced fares. Access the Limited Mobility Program application for more information and to apply. Completed Limited Mobility applications can be scanned and emailed to limitedmobility@metrotransit.org.

Limited Mobility Application Link: <https://www.metrotransit.org/Data/Sites/1/media/pdfs/limitedmobility/limited-mobility-application-2018.pdf>

Guaranteed Ride Home Program:

What is Guaranteed Ride Home?

Guaranteed Ride Home is a free reimbursement program for registered commuters. Its purpose is to minimize the chance of being “stuck at work” due to limited transit schedules, like express routes that only travel in one direction at certain times during the day. It provides registered commuters a sense of comfort knowing they can take care of family emergencies or stay late completing a project while still taking transit and/or alternative modes of commuting.

Who’s eligible for the program?

Commuters who travel to a job, post-high school education, or a day-long volunteer opportunity and take a bus, train, bike, and/or carpool at least three days a week are eligible for this program.

When should I use Guaranteed Ride Home?

When any unplanned event means you cannot use your usual mode of commute. Whether that commute is no longer available, such as your last bus has left for the night or your carpool partner went home early or you need to get home quickly due to an emergency.

Eligible trips include:

- Personal illness or emergency medical issue
- Sick child or dependent family emergency
- Unplanned overtime
- Regular car/vanpool unavailable

What trips are not eligible?

- Personal errands
- Trips to or from the airport, Amtrak or Greyhound station, unless this is your place of work.
- Prescheduled trips, appointments, or work event
- Non-commute related trips
- Other trips deemed ineligible by Metro Transit

What do I need to receive reimbursement?

You need to be registered with Guaranteed Ride Home before the ride, and have all your account information up to date, including your place of employment, post-high school, or volunteer location designated. Pay for the initial ride using a taxi or on-demand ride service. You will need a receipt to be reimbursed. The receipt must have the date of the specific trip, time of trip, company used for the trip, and the full fare paid visible and easy to read.

How do I get started?

It’s easy and free. You’ll create an account with your commute information. Register using this link: <https://account.metrotransit.org/signin.aspx?returnurl=https://www.metrotransit.org/Commuter/GRH/GRHRegister.aspx>

METRO MOBILITY



Metro Mobility is a shared public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Rides are provided for any purpose.

Eligibility

The federal Americans with Disabilities Act (ADA) guidelines determine eligibility for Metro Mobility services. People are generally eligible if:

- They are physically unable to get to the regular fixed-route bus,
- They are unable to navigate regular fixed-route bus systems once they are on board, or
- They are unable to board and exit the bus at some locations.

Under the federal ADA guidelines, individuals may be eligible for Metro Mobility services if any of the following conditions apply:

- A person is physically unable to get to the bus because of their disability or health condition within an area that the fixed-route serves.
- A person is unable to navigate the regular fixed-route system because of their disability.
- A person is unable to board or exit the bus at some locations because of their disability.

To be eligible for Metro Mobility a person must be “unable” to use the fixed-route at least some times. If their disability makes it “hard” or “harder” for them to use the fixed route they would not qualify for Metro Mobility.

Service Zone

Metro Mobility Fares

- Peak Time: \$4.50 (Monday–Friday, 6–9 a.m. and 3–6:30 p.m.)
- Off-Peak Hours: \$3.50
- Holidays all day: \$3.50
- Downtown Fare Zone: \$1
- Trips that are over 15 miles in length and fall outside of the federally-mandated ADA service area are subject to an additional 75-cent surcharge.

Scheduling Your Trip

By Phone or Email

You can request a trip one to four days in advance. Reservations are taken seven days a week and 365 days a year from 6 a.m. to 5 p.m. Please have the following information available:

- Your name and Metro Mobility ID number.
- The day and date of your trip.
- The exact addresses, including apartment, building, or suite numbers for both your pickup and drop-off. Any additional information that might be helpful, including building name, description and phone number.
- The time you would like to be picked up OR the time you need to arrive at your destination. Be sure to specify AM or PM.

Transportation Services

METRO MOBILITY *continued*



- What type of mobility aids you will be using.
- The number of people traveling with you. Every customer has the right to take one PCA and one guest with them. Additional passengers may be accommodated on a case-by-case basis.

Transit Team: Metro South Zone

Phone: 651.602.1180

TTY: 952.895.3449

Email: SReservations@metc.state.mn.us

FAX: 952.736.5952

Metro South Zone Communities

Apple Valley, Bloomington, Burnsville, Cottage Grove, Eagan, Fort Snelling, Inver Grove Heights, Lakeville, Lilydale, Mendota, Mendota Heights, Newport, Prior Lake, Richfield, Rosemount, Savage, Shakopee, St. Paul Park, South St. Paul, Sunfish Lake, West Saint Paul

Payment

Cash Fares

If you are paying with cash, please have the exact fare. For security reasons, drivers do not carry or make change.

Go-To Card: Electronic Fare Payment

Go-To is an easy, safe, and economical way to pay your fare on Metro Mobility. The Go-To Card works with just one touch to an electronic reader and can be used over and over again. Go-To Cards are accepted on all regional regular-route buses and trains, so no matter where you ride, you can pay your fare with the Go-To Card.

Go-To Cards also offer financial loss protection if you register your card. Once you register your card, simply report the loss and for a small fee, you'll receive a new card with the value remaining on your original card when it was reported lost or stolen.

Purchase a Stored-value Go-To card

You can put up to \$400 in stored value on your Go-To card. Where to purchase a Go-To card:

- At Metro Transit's Store online: <https://store.metrotransit.org/FareCard/New>
- At 100+ retailers, including all Cub Food Stores
- At a Metro Transit retail stores
- Through the Metro Mobility Service Center

Register your card

Register your card at the Metro Transit website. It's FREE. You'll protect your card's value against loss or theft. However, you do not need to register your Go-To Card to use it on Metro Mobility. If your card is lost or stolen, contact the Service Center or go to the online Transit Store as soon as possible. Your card will be deactivated. The dollar balance remaining on your card at the time it was reported lost or stolen will be transferred to a new card. There is a small fee for creating and sending a new card. Money stored on an unregistered is not refundable if the card is lost. A card replacement fee of \$5 may be assessed for lost cards.

UCARE HEALTH RIDE



UCare Health Ride provides no-cost transportation to and from your covered medical, dental and pharmacy visits.

Eligibility

The following UCare plan members are eligible for Health Ride. To find the name of your UCare plan, check the front of your insurance ID card and look for “Care Type.”

- Prepaid Medical Assistance Program (PMAP)
- Minnesota Senior Care Plus (MSC+)
- UCare Connect (SNBC)
- UCare Connect + Medicare (HMO D-SNP)
- UCare’s Minnesota Senior Health Options (MSHO) (HMO D-SNP)
- Children on MinnesotaCare
- Adults on MinnesotaCare (limited to colonoscopy and mammogram services)

How to set up transportation with UCare Health Ride:

Call 1.800.864.2157 to request a buss pass or schedule a ride. Health Ride is open 7am-8pm Monday-Friday. Have your information ready:

- UCare member ID card
- Name, address on file and date of birth
- Current phone number
- Doctor, clinic, dentist, pharmacy or other care provider full name and address

UCare Health Ride Transportation Options

- Public bus
- Light Rail
- Taxi or volunteer driver
- Special transportation services

UCare Ride Distance

- Your primary care appointment can be a maximum of 30 miles from your home.
- Your specialty care appointment can be a maximum of 60 miles from your home.

If you live in a rural area without a primary care clinic within 30 miles or a specialty care clinic within 60 miles, call Health Ride to discuss.

Where can I find more information?

The information stated on this document along with more details can be found at:

- Metro Mobility Website: <https://www.metrotransit.org/metro-mobility>
 - If you have questions about whether you may or may not qualify for Metro Mobility, please contact our Customer Service staff: phone 651.602.1111*, TTY 651.221.9886, email: metromobility@metc.state.mn.us.
- Metro Transit Website: <https://www.metrotransit.org/accessibility>
- Metro Transit Website: <https://www.metrotransit.org/guaranteed-ride-home>
- UCare: <https://home.ucare.org/en-us/health-wellness/health-ride/>

External Employment Resources

VOCATIONAL REHABILITATION SERVICES (VRS)

If you have a disability certain aspects of everyday life – employment, transportation, social and recreational activities – can be difficult

Vocational Rehabilitation Services (VRS) can help you:

- Develop vocational skills through short term and long term training programs
- Find and keep a job with the assistance of vocational counselors and placement specialists
- Live independently in the community

Eligibility for Vocational Rehabilitation Services is based on whether you have a physical or mental disability that makes it difficult to prepare for, get, or keep work.

If you are:

A high school student: Staff at your school can provide the contact information for the Vocational Rehabilitation Counselor serving your school. The Vocational Rehabilitation Counselor can provide information about services and help you apply.

An adult: Applications start with a visit to one of our vocational rehabilitation counselors. They can provide information about services and help you apply.

VRS office that serves MICC:

Minneapolis South–CareerForce Location
777 East Lake Street, Minneapolis, MN 55407
Hours: Monday – Friday 8:00 am–4:30 pm
Phone: 651.539.4438



CAREERFORCE CENTERS

CareerForce is Minnesota's rebranded workforce center system supporting career development opportunities and talent recruitment needs. With close to 50 CareerForce locations throughout the state, you're sure to find one that fits your career development or talent matching needs.

CareerForce is committed to helping:

- Individuals start, advance or change their career
- Employers attract, develop and retain talent, and
- Minnesota thrive economically

As a collaborative group of private, public and nonprofit partners, they offer an impressive range of innovative services, including one-on-one guidance, training, networking, labor market information and much more. They are a rich resource **for anyone**, from any walk of life, at any career or recruitment stage.

Where can I get more information?

The information on this document along with more details can be found at:

- CareerForce South Minneapolis website: <https://www.careerforcemn.com/VRS-in-MinneapolisSouth>
- CareerForce Bloomington: <https://www.careerforcemn.com/bloomington>

SOCIAL SECURITY BASICS

What is the difference between Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI)?

- Supplemental Security Income (SSI) gives monthly payments to people with disabilities who have low income and low resources. You do not need to have worked in the past to get SSI.
 - Effective January 1, 2021 the Federal benefit rate is \$794 for an individual and \$1,191 for a couple.
 - Countable resources must not be worth more than \$2,000 for an individual or \$3,000 for a couple.
- Social Security Disability Insurance (SSDI) gives monthly payments to people with disabilities who qualify because they used to work.
 - **MICC participants sometimes receive benefits under their parents social security: Retirement, Survivors, Disability Insurance (RSDI) or Disabled Adult Child (DAC).**

Not sure which one your MICC participant is receiving?

- Order a free Benefits Planning Query (BPQY) at your local Social Security office or by calling 1.800.772.1213 or 1.800.325.0778 (TTY).
- You can also go to the Disability Benefits DBI01 website and under the section “My Vault” you can create a free account and request a benefits lookup worksheet. The Vault is directly managed by the Department of Human Services (DHS) and they can complete a benefits lookup worksheet for you and send it to you via the vault.

***SSI and SSDI both have rules that allow you to try working without worrying about losing your benefit payments. Some of these rules are the same for both programs; however most of them are different. It is really important to know if you are on SSI, SSDI, or both.**

How to Apply for SSI

You can apply for Supplemental Security Income (SSI):

- At your local Social Security office, or
- By calling Social Security at 1.800.772.1213 or 1.800.325.0778 (TTY).
- You can start your application online by filling out an Adult Disability Report, but you must complete it by phone or in person.

Who can support?

- Autism Law Center: <http://autismlawcenter.com/>
- Social Security Advocacy Directory: <https://mn.gov/dhs/partners-and-providers/program-overviews/housing-and-homelessness/social-security-advocacy-directory.jsp>

Social Security

SOCIAL SECURITY BASICS *continued*

Working and receiving benefits?

It is likely when starting a job you will have concerns about how work will affect your health care or disability benefits. These benefits might include Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare, Medical Assistance (MA), or other benefits.

There are numerous articles and estimators on the **DB101 website** that provide information on disability benefit programs, and how your benefits can change when you earn money from a job. You may also request a free **Benefits Summary & Analysis (BSA)**. A helpful tool on DB101's website is the "**Benefits and Work Estimator**" where you can see how working will affect your benefits.

***Remember it is important to report** to Social Security any time you start or stop working or if your income changes. Your income should be reported from one month within the first six days of the following month.

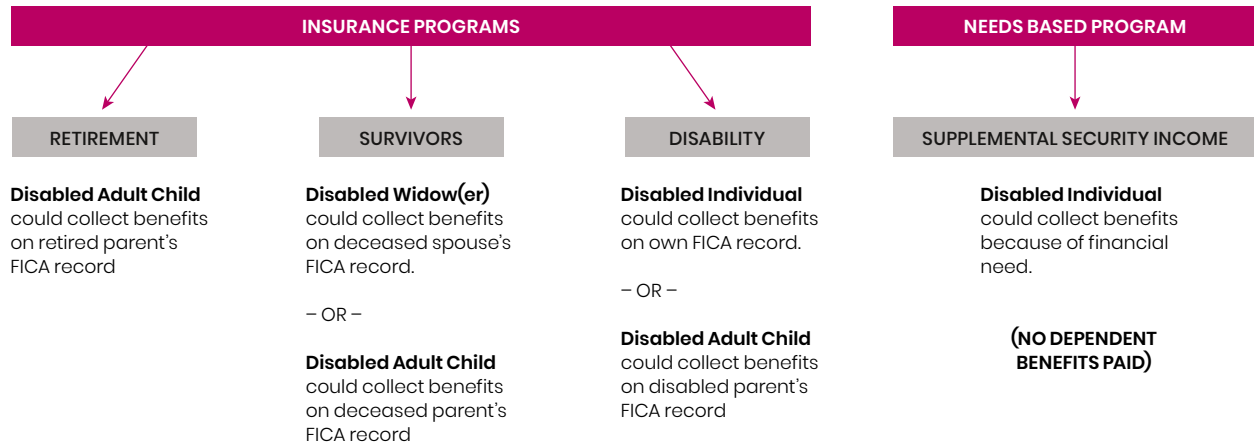
Where can I get more information?

The information on this document along with more details can be found at:

- Social Security Website: <https://www.ssa.gov/>
- Disability Benefits 101 "Benefits and Work Estimator": [https://mn.db101.org/planning/\(S\(41qmmskwlqwrevyayo45edqf\)\)/b2w2_mn_start.aspx?screen=start&l=b2w2_mn](https://mn.db101.org/planning/(S(41qmmskwlqwrevyayo45edqf))/b2w2_mn_start.aspx?screen=start&l=b2w2_mn)
- Disability Benefits 101 (DB101) Website: <https://mn.db101.org/>
- MN Work Incentives Connection: https://www.goodwilleasterseals.org/application/files/8614/8908/9271/Ways_to_be_Eligible.pdf



WAYS PEOPLE WITH DISABILITIES MAY BE ELIGIBLE FOR SSA BENEFITS



Social Security Disability Insurance (SSDI)

- An insurance-based program, funded by FICA tax contributions
- Need to have worked and paid enough FICA taxes to qualify

Disabled Adult Child (DAC)

- Adult (age 18 or over), but must have been disabled as a child, prior to age 22
- Don't need own work history
- Receives benefits based on the work record of retired, deceased or disabled parent
- Benefits can end with marriage in some cases
- Benefits may be disregarded as income for Medical Assistance
- Sometimes referred to as "RSDI"

Disabled Widow/Widower Benefits (DWB)

- Widow or widower who has a disability
- Over age 50
- May be able to collect benefits off their deceased spouse's work record

Supplemental Security Income (SSI)

- No prior work history is required
- Must have significant financial need to qualify
- Must meet both income and asset limits to be eligible

To qualify for any of the above programs, the individual must meet SSA's definition of disability.

APPEALS INFORMATION

“If your application is denied, and you don’t agree with a decision that the county made, you can file an appeal. You can find information on appeals on Department of Human Services (DHS) materials at your local county or tribal human services office or on the notice that is mailed to you.”

–Disability Benefits 101 website

How do I file an appeal?

Filing an appeal is easy. For most programs, your appeal request must be in writing. These requests can be made by mail, fax or in person to the Appeals Division at the addresses and fax number below. SNAP appeals can also be made verbally by calling the Appeals Division at the telephone numbers listed below. You can also file an appeal online. To appeal online, go to Appeal to State Agency (DHS-0033 – PDF).

Available Resources

The frequently asked questions about state appeal hearings page has information about the appeals process. More information can also be found in the form Information About State Appeal Hearings (DHS-2811 – PDF).

The online databases below contain collections of appeal decisions with private data and identifying data removed. The databases are available to members of the public interested in seeing how the appeals function has addressed particular issues. You can search by keyword, date, human services judge and docket number.

- Fair Hearing Appeals Search – decisions issued by DHS
- MNsure Appeal Search – decisions issued by the MNsure Board

Where can I find more information?

The information stated on this document along with more details can be found at:

- Minnesota Department of Human Services: <https://mn.gov/dhs/general-public/about-dhs/administration-management/appeals.jsp>
- Disability Benefits 101: https://mn.db101.org/mn/programs/income_support/food_support/program2a.htm

For more information on appeals, contact your county worker or:

Minnesota Department of Human Services
Appeals Office
PO Box 64941 St. Paul, MN 55164-0941
Twin Cities: 1.651.431.3600 (Voice)
Outside Twin Cities: 1.800.657.3510
TTY: 1.800.627.3529
Fax: 1.651.431.7523



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ADDITIONAL RESOURCES

LEGAL RESOURCES

MICC's provision of the following resources does not represent an endorsement. We recommend you contact these resources directly for information specific to your participant's unique needs. MICC does have an elected Family Association that can be a great resource for specific referrals. These suggestions of legal support options are from MICC families and should be used as a starting point to find an appropriate match to your family's needs.

How legal resources can help: Estate planning, supplemental trusts, special needs trusts, Social Security, guardianship, conservatorship, etc.

Autism Advocacy & Law Center, LLC

10 2nd Street SE, Suite 103
Minneapolis, MN 55414
Phone: 612.200.9920
E-mail: info@autismlawcenter.com
www.autismlawcenter.com/

Disability Law Center

430 First Avenue N., Suite 300
Minneapolis, MN 55401
Phone: 612.332.1441

Greeman Toomey PLLC

250 2nd Avenue S., #120
Minneapolis, MN 55401
Phone: 612.332.3252
Email: info@greemantoomey.com
<https://www.greemantoomey.com/>

Guzman Law Firm, PA

14847 Energy Way
Apple Valley, MN 55124
Phone: 952.432.0648
E-mail: info@guzmanlaw.com
www.guzmanlaw.com

Lutheran Social Services

1605 Eustis Street, Suite 310
St. Paul, MN 55108
Phone: 888.806.6844
www.lssmn.org

Maser Amundson Boggio

6601 Lyndale Avenue S., # 320
Richfield, MN 55423
Phone: 952.925.4147

Steinhagen & Crist, P.L.L.P

5001 Chowen Avenue S.
Minneapolis, MN 55410
Phone: 612.922.2260
www.steinhagen-crist.com/index.html

Thiel, Anderson, Kukla & Gunderson, PLLP

7300 Metro Boulevard, Suite 630
Edina, MN 55439
Phone: 952.920.8444
www.thielfirm.com

Wick Law

7015 Lynmar Lane
Edina, MN 55435
Phone: 651.238.5551
Email: david@davidwicklaw.com
<https://davidwicklaw.com/>

FINANCIAL CONSIDERATIONS AND RESOURCES

Managing money can be challenging and sometimes a lifelong skill for some. Participants who are unable to independently manage their personal finances may elect to receive support in coordination with their family/guardians. Staff will focus on supporting the participant in the ability to manage personal finance matters efficiently and in a way that will engage the participant in making appropriate decisions about personal finances. MICC will not hold personal property or money.

Things to Consider When Budgeting

Banking: Ensure you have local banking accounts for easy access or a system determined with your MICC participant so they can access their accounts if needed.

Bills: Who is responsible for what expenses?

- Family, MICC participant, waiver, other? Start having these conversations and determine responsibility of expenses.

Money: How does the MICC participant receive money?

- Consider options like auto-pay and direct deposit.

Budget:

- **Shared:** Will family contribute to rent, utilities, cable and internet? Who is in charge of specific bills? Keep in mind some expenses like utilities might be shared with a roommate.
- **Personal:** What will the MICC participant be responsible to pay for on their own? Examples: transportation, groceries, personal items, allowance, travel/trips/vacations.

Financial Tracking Apps and Debit/Prepaid Cards

- **Emma:** emma-app.com/us
- **Greenlight Debit Card:** www.greenlightcard.com
- **MINT:** www.mint.com
- **True Link:** www.truelinkfinancial.com
- **Zelle:** www.zellepay.com

Ways to Save Money That Does Not Go Against Benefits

- **Able Account:** A tax-free Achieving a Better Life Experience (ABLE) account lets people with disabilities save for their future without affecting their benefits. It also lets family and friends give them money.
- **Special Needs and Supplemental Needs Trusts:** Supplemental and Special Needs Trusts are trusts created to benefit a person with a disability by supplementing the government benefits they get. Both types of trusts are irrevocable and are set up in order to give money to pay for things not covered by government programs.

FINANCIAL CONSIDERATIONS AND RESOURCES *continued*

COMPARISON BETWEEN ABLE ACCOUNTS AND SUPPLEMENTAL AND SPECIAL NEEDS TRUSTS

ABLE Account	Supplemental Needs Trust	Special Needs Trust
<ul style="list-style-type: none">• \$15,000 annual contribution limit• \$100,000 total cap• Funded by anyone• Only one account per person• Account holder controls how assets are spent• MA payback provision	<ul style="list-style-type: none">• No annual contribution limit• No cap on assets• Funded by anyone other than beneficiary• No limit on number• Trustee controls how assets are spent• No MA payback provision	<ul style="list-style-type: none">• No annual contribution limit• No cap on assets• Funded by beneficiary• No limit on number• Trustee controls how assets are spent• MA payback provision

Where can I get more information?

The information on this document along with additional resources can be found at:

- **National Disability Institute:** <https://www.nationaldisabilityinstitute.org/financial-wellness/financial-capability/>
- **DB101:** https://mn.dbi01.org/mn/programs/job_planning/able/program.htm
- **Minnesota ABLE plan:** <https://savewithable.com/mn/home.html>



MONTHLY BUDGET TEMPLATE

	BUDGETED	NEED OR WANT?	WHO'S RESPONSIBILITY?
Monthly Income Total	\$	-----	-----
Work	\$		
SSI/SSDI (if applicable)	\$		
Family	\$		
Other	\$		
Monthly Expenses Total	\$	-----	-----
Rent	\$	Need or Want	
Utilities - phone	\$	Need or Want	
Utilities - cable	\$	Need or Want	
Utilities - internet	\$	Need or Want	
Utilities - electric	\$	Need or Want	
Food - groceries	\$	Need or Want	
Food - eating out	\$	Need or Want	
Household Items - cleaning products, lightbulbs, etc.	\$	Need or Want	
Toiletries	\$	Need or Want	
Clothing	\$	Need or Want	
Haircuts	\$	Need or Want	
Laundry	\$	Need or Want	
Transportation	\$	Need or Want	
Health - co-payments	\$	Need or Want	
Health - medications/ vitamins	\$	Need or Want	
Community Program - static monthly cost	\$	Need or Want	
Community Program - Individualized Services	\$	Need or Want	
Community Program Excursion Extras	\$	Need or Want	
Fun Money	\$	Need or Want	
Other Expenses (gifts, etc.)	\$	Need or Want	
Savings (trip, emergency, etc.)	\$	Need or Want	
Other:	\$	Need or Want	
TOTALS			
Participant responsibility	\$		
Family responsibility	\$		
Other (waiver, SSI, MSA, SNAP, etc.)	\$		

MEDICATION DISPENSER OPTIONS

Dose Health: Dose Flip Medication Dispenser

The Dose Flip is a smart pill box that can help anyone take the right meds at the right times. At the scheduled time, the Dose Flip will sound an alarm and flash light. To dispense, the individual simply flips the pill box over into their hand or a cup and takes the medication.

- The Dose Flip can let caregivers know if medications are not being remembered or taken as directed. It can send notifications via phone call, text message, or email.
- The Dose Flip functions on it's own, so there is no need for a cell phone or landline.
- The Dose Flip can be covered by many Medicaid and Home and Community Based Service Waivers.



Hero Medication Dispenser

For a low membership fee you get access to the Hero automatic pill dispenser, Hero's integrated app, and 24/7 support.

- Use the Hero app to program any pill regimen, simple or complex. Hero will notify you when it's pill time as often as needed.
- Hero stores, sorts and dispenses up to a 90-day's supply of 10 different medications. Manage both scheduled doses and medications taken as needed.
- Push button for auto sort and dispense when Hero alerts you it's pill time. A clearly audible sound and blinking light does the trick.



MEDICATION DISPENSER OPTIONS *continued*

Anodyne Medication Management Program

The Anodyne medication management program allows care providers to pre-fill up to 60 doses into the MD2 machine and schedule dosages in advance for their patients. Important reminder messages, such as alerts for non-pill medications, or instructions such as “time for your insulin” may be programmed by the care provider. At each dose, the machine alerts the patient, who can retrieve their dose by pushing the red button.

- **Caregiver alert services:** The MD2 has the capability of providing caregivers with information as to how well patients have been complying with their medication schedule. The number of missed doses, refill reminders, dispensing errors, loss of electricity, and online Monitoring Report are all features that can optionally be included with the service to help caregivers better serve their clients
- Anodyne’s medication management program qualifies for **reimbursement under all waived services programs** in the state of Minnesota. Please contact your insurance company directly to assist you in getting started.



Where can I find more information?

The information stated on this document along with more details can be found at:

- Dose Flip: <https://www.dosehealth.com/dose-flip>
- Hero: <https://herohealth.com/>
- Anodyne: <https://anodynerehab.com/medication-dispensers>

TECHNOLOGY

Internet Resources

- **PCs for People:** Through electronic reuse PCs for People provides the opportunity for all low-income individuals and nonprofits to benefit from the life changing impact of computers and mobile internet. PCs for People provides low-cost internet access nationwide with unlimited 4G LTE.

Computer/Laptop Resources

- **PCs for People:** Through electronic reuse PCs for People provides the opportunity for all low-income individuals and nonprofits to benefit from the life changing impact of computers and mobile internet. PCs for People provides affordable computers and low-cost internet eligible individuals and nonprofits. We offer:
 - Refurbished Desktop & Laptop Computers
 - Low-Cost Mobile Internet
 - Affordable Computer Repair
- **Free Geek Twin Cities:** Free Geek Twin Cities goal is to reuse computer waste material and refurbish it into a new computer, laptop, tablet, calculator, or other device to give to our volunteers or sell for easily-affordable prices to low-income households and businesses.

Free Cell Phones

- Life Wireless: <https://www.lifewireless.com/>
- Q-Link Wireless: <https://qlinkwireless.com/>
- Assurance Wireless: <https://www.assurancewireless.com/>

Where can I find more information?

The information stated on this document along with more details can be found at:

- PCs for People: <https://www.pcsforpeople.org/>
- Free Geek Twin Cities: <https://www.freegeektwincities.org/>
- Life Wireless: <https://www.lifewireless.com/>
- Q-Link Wireless: <https://qlinkwireless.com/>
- Assurance Wireless: <https://www.assurancewireless.com/>



ASSISTIVE TECHNOLOGY CONSULTATION AND SERVICES

Assistive technology (AT) is considered any device or service that helps individuals with disabilities participate more independently in life. Assistive technology can range from simple adaptations to highly sophisticated technology. It can help people communicate, learn, live more independently and succeed at home, school and work.

PACER Simon Technology Center

- Technology consults
 - The PACER Simon Technology Center (STC) offers free, informal assistive technology consultations for individuals with disabilities who live in Minnesota.
 - A consultation is a way to explore educational assistive technology in a stress-free, collaborative environment. This is **not** a formal assessment or evaluation but rather a **starting point** to locate technology that may you become more independent at home, school, or work
- Lending library (MICC has an account)
 - With more than 1,700 items, the lending Library lets you try out and borrow some of the newest educational and disability-specific software and devices on the market.

Courage Kenny – Allina Health

- The staff who will help you with your assistive technology include occupational therapists, speech therapists, assistive technology practitioners (ATP) and a certified registered ergonomist (CRE).
- Specialized services may require you to visit our Golden Valley campus for an assessment
- We can assess your skills and aptitudes to enter the workforce, attend college or live independently. Your interests help us figure out whether a computer or similar device is needed
- Assistive technology training will give you opportunities to maximize your home, school and work life.

Technology for HOME

- Technology consults & technical assistance
- Team approach to person centered assistive technology (AT) consultation and technical assistance to help individuals with disabilities live more independently.
- This program provides services for AT but not funding for the AT equipment

MN Star Program

- A System of Technology to Achieve Results (STAR) is located within the Minnesota Department of Administration and is federally funded. 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.

Where can I find more information?

The information stated on this document along with more details can be found at:

- PACER Simon Technology Center: <https://www.pacer.org/stc/>
- Technology for HOME: <https://technologyforhome.org/>
- MN Star Program: <https://mn.gov/admin/star/>

HOUSING OPTIONS NEAR MICC

Options that have worked with MICC participants before:

Colony Apartments

- Same location as the MICC College campus
- Participants need to follow regular application process and reach out to Colony directly about openings
- Participant and their guarantors are responsible for their own leases
- Deposits and rent will be paid directly to Colony Apartments
- Rent is due on the 1st of each month
- Included utilities are gas, water, heat, and trash removal
- Participants and their families are responsible for electric and cable/internet if desired
- Cats are allowed with additional fee
- Colony Apartment Floor Plans:
 - One Bedroom with 1 bath
 - Two Bedroom Townhomes with 1.5 bath
 - Two Bedroom Flat with 1 bath

Colony Apartments Contact Information

Phone: 612.866.8469

Fax: 612.866.2554

info@colonyapartmentsmn.com

Office hours:

Monday – Friday 9am – 7pm

Saturday 10am – 2pm

Fountainhead Apartments

- MICC recently partnered with Fountainhead Apartments, directly across the street from Colony
- Participants and their guarantors are responsible for their own lease
- Participants must leave MICC in good standing and a referral for the apartment will be given by the Transition and Resource Manager.
- Deposits and rent will be paid directly to Fountainhead Apartments
- Rent is due on the 1st of each month
- Included utilities are water, heat, trash removal, and access to their club house which includes a pool and fitness center
- Participants and their families are responsible for electric and cable/internet if desired
- Pets are welcome after a paid deposit in addition to a monthly pet fee
- Fountainhead Floor Plans:
 - One Bedroom with 1 bath
 - Two Bedroom with 1.5 bath
 - Three Bedroom with 1.5 bath

Fountainhead Apartments Contact Information

Phone: 952.925.1020

Fax: 952.925.2097

info@highlandapts.com

Office hours:

Monday–Thursday 9am–6pm

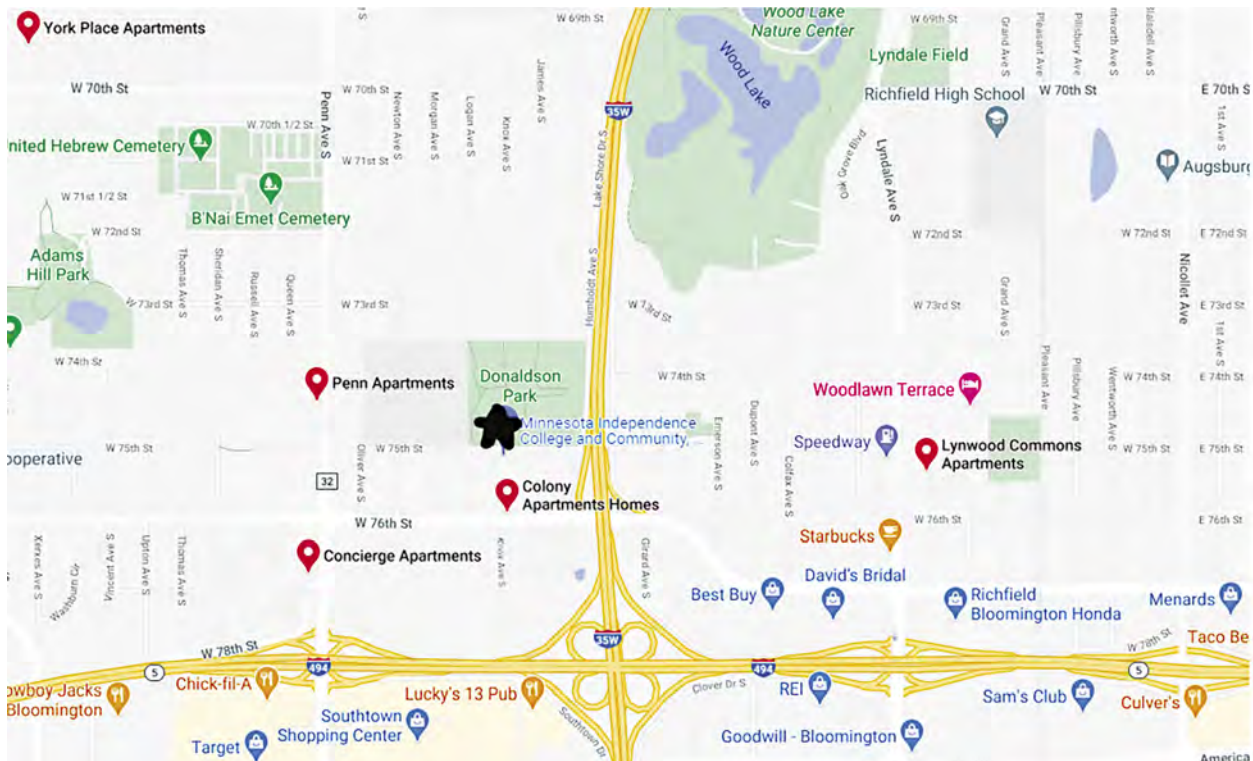
Friday 8am–5pm

Saturday 11am–3pm

Housing and Roommate

OTHER HOUSING OPTIONS NEAR MICC

APARTMENT COMPLEX	MAIN OFFICE ADDRESS/ LOCATION IN PROXIMITY TO MICC	FLOORPLANS AVAILABLE	CONTACT INFO
Penn Apartments	7420 Penn Avenue South Richfield, MN 55423	1, 2 and 3 bedroom apartments available.	952.473.5750 info@chrisprop.com
Lynnwood Commons Apartments	7437 Lyndale Avenue South Richfield, MN 55423	Contact property management	612.866.2527 www.athomeapartments.com/community/richfield-lynnwood-commons/
Genessee Apartments	8055 Penn Avenue South Bloomington, MN 55431	Studio, 1 bedroom and 2 bedroom apartments available. 3 bedroom townhouses	952.767.6577 www.genesseeapts.com/
Concierge Apartments	7620 Penn Avenue South Richfield, MN, 55423	1 bedroom apartments only	612.261.1756 www.move2concierge.com/
York Plaza Apartments	7230 York Avenue South Edina, MN 55435	1 bedroom, 2 bedroom, 3 bedroom apartments	952.835.7203 www.yorkplaza.stuartco.com/
Durham Apartments	7201 York Avenue South Edina, MN 55435	1 bedroom, 2 bedroom, 3 bedroom apartments	952.835.4320 www.thedurhamapartments.com/
Kensington Park	7601 Aldrich Avenue South Richfield, MN 55423	Contact property management	952.941.2400
Chamberlain	6630 Richfield Pkwy Richfield, MN 55423	Studio, 1 bedroom, 2 bedroom, 3 bedroom	612.688.2263 www.chamberlainapartments.com/



*After graduation, it is the MICC participant's choice on whom they live with and where they live. If you have apartment specific questions, please contact the apartment management.

POTENTIAL ROOMMATE QUESTIONS

1. What are you looking for in a roommate?
2. Is there anything I should know about you that you think is important?
(allergies, health problems, pet-peeves, etc.)
3. What are your hobbies/interests?
4. Is it important for you to have a neat and clean living space, or are you okay with a more “relaxed” home appearance?
5. How do you prefer to divide up the household chores?
(chore list, pick up after yourself only, clean together each week, etc.)
6. How do you want to handle shared supplies such as toilet paper, paper towel, garbage bags, etc.?
7. How important is it for you to spend time with your roommate each week, or have personal time for yourself?
8. Would you like to cook meals together or for each other each week?
9. What are some of your family values that might be important to know?
How do you feel about some of the following topics?
 - Drinking alcohol/ partying
 - Dating: having a significant other spend the night
 - Overnight guests in general (family or friends)
 - Having a people over for a gathering



OUR APARTMENT RULES (template)

We agree to follow these rules. We agree to talk about problems that come up if someone does not follow these rules. We agree to ask for staff help as needed.

Guests

- How often can guests come over:
- How many guests at one time:
- Time of day:

Cooking

- Shared meals per week?:
- Food we can share:
- Shared Kitchen items: (examples: plates, bowls, glasses, silverware, all kitchenware)

*If something is broken, roommate needs to replace it

Cleaning

- Dishes:
- Will use Roommate Responsibility form (yes or no)

Private Spaces

- Spaces that the other roommate cannot go: (example bedroom)
- Things (including money) that other roommate cannot borrow without asking:

TV/Gaming

- Quiet hours:
- Sharing schedules:
- TV Shows or games we won't allow:

Bathroom

- Shower schedule:
- Other bathroom etiquette:

Alcohol

- Rules:

Other Rules:

Roommate Signature: _____

Roommate Signature: _____

FURNITURE AND HOUSEHOLD GOODS

Bridging Services: Bloomington and Roseville, MN

- Need referral from a social worker or county case manager
- Provides donated furniture and household goods to people transitioning into homes

Reach and Restore: Hopkins, MN

- Household items and furniture available

Sharing and Caring Hands: Minneapolis, MN

- Beds can be ordered for those who have recently moved into an apartment/home (within the last 30 days). Beds are placed on a first-come, first-serve basis in person on Monday mornings starting at 10:30AM.

Arc's Value Village: Richfield, Bloomington, New Hope, MN

- Brand-new **Medallion brand, Minnesota-made mattresses**
- Twin: \$129.99; Full: \$214.99; Queen: \$239.99; King: \$319.99
- Box spring and frame also available, sold separately

Where can I find more information?

The information stated on this document along with more details can be found at:

- Bridging Services: <https://bridging.org/services/get-help/>
- Reach and Restore: <https://www.reachandrestore.org/>
- Sharing and Caring Hands: <https://sharingandcaringhands.org/day-services>
- Arc's Value Village: <https://arcsvaluevillage.org/shop/>



CLOTHING

Ready for Success

- **Women's and Men's Clothing Program**
- **Description:** Ready for Success serves women and men with lower incomes by providing professional clothing and accessories needed to secure employment with confidence.
- **Location:** 815 E. Franklin Ave., Minneapolis, MN 55404
- **Contact:** 612.872.1509

Dress for Success

- **Women's Clothing Program**
- **Description:** Dress for Success Twin Cities believes in **empowering** every woman *through employment*.
- **Location:** 1549 University Ave. W., St. Paul, MN 55104-3907
- **Contact:** 651.646.6000

Joseph's Coat

- **Clothing Program**
- **Description:** In fulfilling its mission as a free store providing goods and service to those in need, within an environment of dignity and respect, Joseph's Coat maintains an inclusive philosophy toward the community's neediest and often most marginalized members.
- **Location:** 1107 7th St. W., St. Paul, MN 55102
- **Contact:** 651.291.2472

From Me to You

- **Clothing Program**
- **Description:** Our mission is to minister, without charge, to children and low-income families and individuals.
- **Location:** 3953 4th Ave. S., Minneapolis, MN 55409
- **Contact:** 612.825.6469



Where can I find more information?

The information stated on this document along with more details can be found at:

- Minnesota Help: <https://www.minnesotahelp.info/>
- Ready for Success: <https://www.ppl-inc.org/readyforsuccess>
- Dress for Success: <https://twincities.dressforsuccess.org/>
- Joseph's Coat: <https://www.josephscoatmn.org/>
- From Me to You: <http://www.frommetoyou97.org/>

RECREATION AND LEISURE

Things to do

The Minneapolis–St. Paul metro has a lot of entertainment options available near by. The MICC Family Association has created a great list of local attractions that include outdoor attractions, indoor attractions, shopping, restaurants, lodging, services and sports. Please see the *MICC Family Association Resource Guide* for the complete list and details.

External Travel Resources

Margaret’s Missions, Inc.

“We believe that individuals with disabilities should travel and show off their independent living skills away from home. Through our chaperoned travel, our travelers can see America and the World without mom or dad tagging along. Our trips are well planned, organized and tailored to our audience. It’s that simple for us: We believe in independent living, at home and away from home. Pack your bags, let’s get traveling!”

Contact Information:

Margaret’s Missions, Inc.

Nokomis, FL 34275, USA

715.520.7661

www.margaretsmissions.com

Hammer Travel

“At Hammer Travel, we organize fun-filled, all-inclusive vacations for adults with intellectual and developmental disabilities. Whether you’re after gorgeous landscapes, thrilling adventures, or tasty cuisine, we’ll hit it all throughout our various trips for disabled adults. Our Minnesota-based agency takes our travelers all over the country – from Nashville to San Francisco. Our staff of accredited professionals provides a worry-free, exciting experience, wherever you are headed. Let’s see the world.”

Contact Information:

Ann Martinka at amartinka@hammer.org

952.277.2461

www.hammertravel.org



COMMUNITY RESOURCE LIST

This section includes important community resources with descriptions and contact information. If you are unsure where to look for support, these resources are a great place to start.

Minnesota Based Resources

Adult Mental Health Services

Description: List of adult mental health crisis response phone numbers

Contact: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>

Allina Health – Courage Kenny Rehabilitation Institute

Description: Courage Kenny Rehabilitation Institute, part of Allina Health, provides a wide range of inpatient and outpatient rehabilitation and community services. Resource for assistive technology assessment and training, assistive technology consultation and training, augmentative and alternative communication and home environmental controls display.

Contact: <https://account.allinahealth.org/services/595>

AUSM – Autism Society of Minnesota

Description: The mission of the Autism Society of Minnesota (AuSM) is to enhance the lives of individuals and families affected by Autism Spectrum Disorder.

Contact: <https://ausm.org/>

Autism Society of Minnesota

Description: Autism Society of Minnesota (AuSM) is a non-profit organization committed to education, advocacy and support designed to enhance the lives of those affected by autism from birth through retirement.

Contact: <https://www.ausm.org/>

Disability Benefits 101 (DB101)

Description: In depth review of disability benefits, work incentives to increase income.

Contact: www.db101.org

Disability Hub MN

Description: Free statewide resource network that helps solve problems, navigate the system and plan for your future.

Contact: <https://disabilityhubmn.org/>

Emergency Mobile Crisis Team:

612.596.1223 (Adults 18 and Over) or 612.348.2233 (Child)

Fraser

Description: Fraser is a provider of autism and early childhood mental health services. Fraser serves infants through adults with healthcare, housing, education and employment.

Contact: <https://www.fraser.org>

Hennepin County, Minnesota Website

Description: Specific information and contacts for resources in Hennepin County.

Contact: <https://www.hennepin.us/>

Housing Benefits (HB101)

Description: A tool to explore housing options in Minnesota.

Contact: <https://mn.hb101.org>

Learning Disabilities Association of Minnesota

Description: LDA Minnesota strives to ensure children, adults, families, and communities impacted by specific learning disabilities, attention deficits, and/or learning differences are equitably supported and empowered through assessment, intervention, education, advocacy, and outreach.

Contact: <https://www.ldaminnesota.org/>

Community

COMMUNITY RESOURCE LIST *continued*

Lutheran Social Services

Description: Across the state and beyond, Lutheran Social Services of Minnesota connects people with opportunities to live and work with dignity, safety and hope. Services span physical health and safety and emotional well-being.

Contact: <https://www.lssmn.org/>

Minnesota Adult Abuse Reporting Center (MAARC)

Description: MAARC can help if you, or someone you know, is being mistreated or neglected. To report suspected abuse or self-neglect, call MAARC at 1.844.880.1574.

Minnesota Autism Center

Description: The Minnesota Autism Center (MAC) provides therapeutic support for children, adolescents, adults and families affected by Autism Spectrum Disorders, or ASD.

Contact: <https://www.mnautism.org/>

Minnesota Department of Human Services

Description: Information about programs available to eligible Minnesotans.

Contact: <https://mn.gov/dhs/>

Minnesota Disability Law Center (MDLC)

Description: MDLC provides free civil legal assistance to individuals with disabilities statewide, regardless of age or income, on legal issues related to their disabilities.

Contact: <https://mylegalaid.org/our-work/disability-law>

Minnesota Help

Description: This is where you can find services for people with disabilities or chronic illnesses, and for their families and representatives.

Contact: <https://www.minnesotahelp.info/Home>

MNbenefits Application

Description: A new accessible, easy-to-use online application for nine public assistance programs including Food Assistance (SNAP), Cash Programs, Emergency Assistance, Housing Support (GRH) and Child Care Assistance.

Contact: <https://mnbenefits.mn.gov/>

MNSure (Medical Assistance and Minnesota Care)

Description: MNSure is Minnesota's health insurance marketplace where individuals and families can shop, compare and choose health insurance coverage that meets their needs. When you apply for financial help through MNSure, you will find out if you qualify for low-cost or no-cost health insurance either through Medical Assistance or MinnesotaCare.

Contact: <https://www.mnsure.org/financial-help/ma-mncare/>

PACER Center

Description: PACER Center is a parent training and information center for families of children and youth with all disabilities from birth to young adults. Located in Minneapolis, it serves families across the nation, as well as those in Minnesota. Parents can find publications, workshops, and other resources to help make decisions about education, vocational training, employment, and other services for their children with disabilities.

Contact: <https://www.pacer.org/>

PACER-Simon Technology Center

Description: The Simon Technology Center through Pacer provides a variety of services to help individuals, families and professionals including technology consultations, lending library, individualized training sessions, In-services and workshops, and Simon Center Technology videos.

Contact: <http://www.pacer.org/stc/>

Community

COMMUNITY RESOURCE LIST *continued*

The Arc

Description: The Arc is the largest national community-based organization advocating for and with people with intellectual and developmental disabilities (I/DD) and serving them and their families. The Arc has information regarding advocacy for all people with I/DD and their families, supports and services available, policy issues affecting people with disabilities, and other resources.

Contact: <https://thearc.org/>

National Based Resources

Autism Society

Description: The Autism Society of America has been improving the lives of all affected by autism for over 50 years and provides advocacy, education, information and referral, support, and community at national, state and local levels through our strong nationwide network of Affiliates.

Contact: <https://www.autism-society.org/>

Social Security

Description: The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities.

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

Special Olympics

Description: Website for the largest sports organization for people with intellectual disabilities

Contact: <http://www.specialolympics.org/>

The Arc: Autism Now

Description: Autism Now is an initiative of The Arc and The Administration on Developmental Disabilities. This national autism resource and information center is a central point of resources and information for individuals with Autism Spectrum Disorders (ASD) and other developmental disabilities, their families, and other key stakeholders.

Contact: <https://autismnow.org/>



CAREERS RESOURCES

Employment Rights

Americans with Disabilities Act
<https://www.dol.gov/general/topic/disability/ada>
Equal Employment Opportunity Commission
<https://www.eeoc.gov/>

Disability and Accommodations

Americans with Disabilities Act
<https://www.ada.gov/>
Disability Hub MN
<https://disabilityhubmn.org/>
Job Accommodation Network (JAN)
<https://askjan.org/>
Minnesota Disability Law Center
<https://mylegalaid.org/our-work/disability-law>
Pacer
<https://www.pacer.org/>

Benefits and Reporting

DB101
<https://mn.db101.org/>
Social Security Wage Reporting
<https://choosework.ssa.gov/library/wage-reporting/index.html>

Career Exploration, Outlook, Interest Surveys

Career One Stop
<https://www.careeronestop.org/>
Coursera
<https://www.coursera.org>
DEED
<https://mn.gov/deed/>
My Next Move
<https://www.mynextmove.org/>
O*Net
<https://www.onetonline.org/>
Traitify: Dakota- Scott Workforce Development Board
<https://dakotamn.traitify.com/sessions/new>

Assistance with Job Search Process/ Job Coaching

Career Force
<https://www.careerforcemn.com/>
Vocational Rehabilitation Services (VRS)
<https://mn.gov/deed/job-seekers/disabilities/find-vrs/>

Job Search Engines

CareerExplorer
<https://www.careerexplorer.com/>
Careers within the State of Minnesota
<https://mn.gov/mmb/careers/>
Disability:In MN
<https://di-mn.org/job-board/>
Indeed
<https://www.indeed.com>
LinkedIn
<https://www.linkedin.com/>
Minnesota Council of Nonprofits
<https://jobs.minnesotanonprofits.org/>
Minnesota works.net
<https://www.minnesotaworks.net/>
Monster
www.monster.com

Volunteering

All For Good
<https://www.allforgood.org/>
Hands on Twin Cities
<https://www.handsontwincities.org/>
Idealist
<https://www.idealists.org/en/>
Just Serve
<https://www.justserve.org/>
VolunteerMatch
<https://www.volunteermatch.org/>

Job Loss Resources

Career Force
<https://www.careerforcemn.com/job-loss-resources>
Minnesota Unemployment Insurance
<https://uimn.org/applicants/>

OTHER RESOURCES AVAILABLE UPON REQUEST

If you are looking for additional resources including:

- Support Planners familiar with MICC
- Financial Management Services (FMS) familiar with MICC
- Medical providers near MICC
- Dentists near MICC
- Legal support near MICC
- Financial Advisors familiar with MICC
- Mental Health therapy options near MICC

Please contact MICC Transition and Resource Manager, Jena Kulenkamp or your participant's Advisor.



Jena Kulenkamp
Transition and Resource Manager

jkulenkamp@miccommunity.org

612.326.5756

**Minnesota Independence
College and Community**

7501 Logan Avenue South / Suite 2A
Richfield, MN 55423

Phone: 612.869.4008

Fax: 612.869.0443

miccommunity.org

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