



# **ANOKA COUNTY BRAIN INJURY TRANSITION ROAD MAP**

*Sponsored by: Anoka County CTIC  
2006-2007 Edition*

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## Brain Injury Roadmap

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Visit the **Anoka County CTIC** website at [www.anokacountyctic.org](http://www.anokacountyctic.org) for more information

Or call (763) 785-3673

# BRAIN INJURY TRANSITION ROAD MAP: INTRODUCTION

What will the future bring? What are the important issues that a student with a Brain Injury faces in their transition from childhood/adolescence to adulthood? Students from the age of 14 to 21 must address these questions as they relate to financial support, jobs, residential options, transportation and social/recreational outlets.

The Anoka County Community Transition Interagency Committee (CTIC) is pleased to present the 2006-2007 Edition of the Brain Injury Transition Road Map. The major premise of this comprehensive “to do list” is that students and their families can and must assume responsibility for their own transition process.

Every family will take their own individual “*journey*” through the transition years. However, there are certain tasks or “*stopping points*” along the way that are crucial to their overall success and comfort level. The Transition Road Map identifies these tasks for specific age periods (14-16, 17-18, 19-21) during the transition years. In addition, it provides current information, contacts and resource sheets. Our hope is that this “*road map*” will assist students and their families to “*drive their own car*” through the transition years as effective self-advocates.

Please note that the resources listed in this road map are not all-inclusive of the resources available, but are the most commonly used resources by individuals in Anoka County. You will find a more complete list of resources on the CTIC website at [www.anokacountyctic.org](http://www.anokacountyctic.org) and the Project C<sup>3</sup> site at [www.c3online.org](http://www.c3online.org).

We understand that in order for this Transition Road Map to be useful, it must be accurate and current. The mission of the Anoka County CTIC, will be to update the information contained in the Brain Injury Transition Road Map on an ongoing basis. We certainly welcome any feedback: Our goal is that it will be a useful and practical guide for students and families!

# Brain Injury Transition Road Map

## Things To Do

**Ages: 14 – 16**

To Do List	Where to Find Further Information or Training	Phone Numbers	Date Completed
<p>1) Become familiar with the transition process and available resources</p> <ul style="list-style-type: none"> <li>• school/vocational</li> <li>• financial</li> <li>• residential</li> <li>• social/recreational</li> <li>• transportation</li> <li>• advocacy/support groups</li> </ul>	<p>Brain Injury Association of Minnesota (see Resource Pages 17-18)</p> <p>eFolio (see Resource Page 25)</p> <p>Project C3 Website (see Resource Page 41)</p> <p>CTIC Transition Fair and monthly meetings (see Resource Page 19)</p> <p>Introduction to Transition</p> <p>School District Transition Mailing</p> <p>PACER Center (see Resource Pages 37-38)</p>	<p>Brain Injury Association (612) 378-2742 www.braininjurymn.org</p> <p>www.efoliominnesota.com</p> <p>www.c3online.org</p> <p>Anoka County CTIC (763) 785-3673 (V) (763) 785-5987 (TTY) www.anokacountyctic.org</p> <p>Local school:</p> <p>Local School:</p> <p>PACER: (952) 838-9000 (V) (952) 838-0190 (TTY) www.pacer.org</p>	
<p>2a) Actively participate in the transition Individual Education Plan (IEP) or 504 plan</p> <p>2b) Assess 5 transition areas (age 14)</p> <ul style="list-style-type: none"> <li>• Community Participation</li> <li>• Home Living</li> <li>• Jobs/Jobs Training</li> <li>• Post Secondary</li> <li>• Recreation and Leisure</li> </ul>	<p>School /IEP Manager/504 Manager (see Resource Pages 53-54 &amp; 59-60)</p> <p>School /IEP Manager/504 Manager</p>	<p>School case manager</p> <p>School case manager:</p>	
<p>3) Explore Workforce Centerservices (age 16)</p>	<p>Minnesota Workforce Center, Anoka County (see Resource Page 36)</p>	<p>MN Workforce Center: (763) 783-4800 (V) (763) 785-5987 (TTY) www.mnwfc.org/anoka</p>	
<p>4) Learn about the rights and responsibilities in developing self-advocacy skills</p>	<p>Americans with Disabilities Act (ADA) (see Resource Pages 12-15)</p>	<p>Great Lakes ADA Center: (800) 949-4232 www.adagreatlakes.org</p>	

	<p>MN Disability Law Center (MDLC) (see Resource Page 34)</p> <p>PACER Center (see Resource Pages 37-38)</p>	<p>MDLC: (612) 332-1441 (V) (612) 332-4668 (TTY) www.mndlc.org</p> <p>PACER: (952) 838-9000(V) (952) 838-0190 (TTY) www.pacer.org</p>	
5) Assess transportation needs and training (age 15-16)	<p>Drivers assessment/training specifically for persons with disabilities (see Resource Page 24)</p> <p>School/IEP Manager/504 Manager</p> <p>Public transportation options (see Resource Pages 42-45)</p>	School case manager:	
6) Obtain and organize important documents to help access services	Important documents (see Resource Pages 28-30)		
7) Assess needs and supports for independent living	<p>Ansell-Casey Inventory</p> <p>Metro Center for Independent Living (MCIL) (see Resource Page 31)</p> <p>Courage Residence (age 16+) (see Resource Page 23)</p>	<p>Ansell-Casey : www.caseylifeskills.org</p> <p>MCIL: (651) 646-8342 (V) (651) 603-2001 (TTY) www.mcil-mn.org</p> <p>Courage Center (763) 520-0307 (V) (763) 520-0245 (TTY) www.courage.org</p>	
8) Assess assistive technology needs for education, home living and employment.	<p>School/ IEP Manager/ 504 Manager</p> <p>STAR (System of Technology to Achieve Results) Program (see Resource Page 56)</p>	<p>School case manager:</p> <p>STAR Program (651) 201-2640 (V) MN Relay at 711 or (800) 627-3529 www.state.mn.us/ebranch/admin/assistivetech/index.htm</p>	
9) Assess health care needs & support services	<p>MN Health Care Programs (see Resource Page 35)</p> <p>PCA services (see Resource Pages 39-40)</p>		



# Brain Injury Transition Road Map

## Things to Do

**Ages: 17 – 18**

To Do List	Where to Find Further Information or Training	Phone Numbers	Date Completed
<p>1a) Actively participate in the transition Individual Education Plan (IEP)/504 Plan</p> <p>1b) Mandate – see school case manager about age of majority 1 year prior to age 18</p>	<p>School/IEP Manager/504 Manager (see Resource Pages 53-54 &amp; 59-60)</p>	<p>School case manager:</p>	
<p>2a) Apply for Rehabilitation Services (RS) Counselor</p> <p>2b) Participate in the development of your Employment Plan (EP) with RS Counselor</p>	<p>Rehabilitation Services (see Resource Pages 51-52)</p> <p>Rehabilitation Services (RS)</p>	<p>RS Anoka County: (763) 785-3360 (V) (763) 785-5987 (TTY)</p> <p>RS Counselor:</p>	
<p>3a) Decision on accepting diploma or entering 18-21 program is made</p> <p>3b) Explore school program options for students 18-21 years old, if applicable</p>	<p>School/IEP Manager/504 Manager/ School Guidance Counselor</p> <p>Rehabilitation Services (RS) Counselor</p> <p>Special Education/Transition Services (see Resource Page 55)</p>	<p>School case manager:</p> <p>RS Counselor:</p> <p>School case manager:</p>	
<p>4) Apply for Supplemental Security Income (SSI) (age 18), if applicable- must meet eligibility requirements</p>	<p>Social Security Administration (see Resource Pages 57-58)</p> <p>Anoka County SSI Coordinator</p>	<p>Social Security: (800) 772-1213 (V) (800) 325-0778 (TTY)</p> <p>Anoka County SSI Coordinator: (763) 422-6941</p>	
<p>5) Continue to assess healthcare needs and support services</p>	<p>MN Healthcare Programs (see Resource Page 35)</p> <p>PCA Services (see Resource Pages 39-40)</p> <p>TBI Waiver (see Resource Pages 61)</p> <p>MnDHO (age 18+) (see Resource Pages 32-33)</p>		

<p>6) Continue to assess needs and supports for independent living</p>	<p>Ansell-Casey Inventory</p> <p>Metropolitan Center for Independent Living (MCIL) (see Resource page 31)</p> <p>Courage Residence (see Resource Page 23)</p> <p>Housing Information (see Resource Pages 20-21)</p>	<p>Ansell-Casey: www.caseylifeskills.org</p> <p>MCIL: (651) 646-8342 (651) 603-2001(TTY) www.mcil-mn.org</p> <p>Courage Center (763) 520-0307 (V) (763) 520-0245 (TTY) www.courage.org</p>	
<p>7) Register to vote (Age 18)</p>	<p>Anoka County Voter Registration</p>	<p>Voter Registration: (763) 323-5275</p>	
<p>8) Register with Selective Services (Males, age 18)</p>	<p>Complete registration card at local Post Office</p>	<p>Local Post Office:</p>	
<p>9) Continue to learn about the rights and responsibilities in developing self-advocacy skills</p>	<p>Americans with Disabilities Act (ADA) (see Resource pages 12-15)</p> <p>Brain Injury Association of Minnesota (See Resource Pages 17-18)</p> <p>MN Disability Law Center (MDLC) (see Resource Page 34)</p> <p>PACER Center (see Resource Pages 37-38)</p>	<p>Great Lakes ADA Center: (800) 949-4232 www.adagreatlakes.org</p> <p>Brain Injury Association (612) 378-2742 www.braininjurymn.org</p> <p>MDLC: (612) 332-1441 (V) (612) 332-4668(TTY) www.mndlc.org</p> <p>PACER: (952) 838-9000 (V) (952) 838-0190 (TTY) www.pacer.org</p>	
<p>10) Continue to assess transportation needs and training</p>	<p>School/IEP Manager/504 Manager</p> <p>Drivers assessment/training specifically for persons with disabilities (see Resource Page 24)</p> <p>Public transportation options (see Resource Pages 42-45)</p> <p>Rehabilitation Services (RS) Counselor</p>	<p>School case manager:</p> <p>RS Counselor:</p>	
<p>11) Continue to establish social and recreational activities</p>	<p>Social/Recreation (see Resource Pages 46-50)</p>		

<p>12a) Identify, select and apply for post secondary schools or other training programs, if applicable</p>	<p>School/IEP/504 Case Manager/ School Guidance Counselor</p> <p>Rehabilitation Services Counselor</p> <p>Post Secondary Planning Guide</p> <p>Iseek.org</p> <p>Minnesota Office of Higher Education (MOHE)</p> <p>Minnesota WorkForce Center, Anoka County (See Resource Page 36)</p>	<p>School case manager</p> <p>RS Counselor:</p> <p>Planning guide website: <a href="http://education.state.mn.us/mde/static/009336.pdf">http://education.state.mn.us/mde/static/009336.pdf</a></p> <p>Iseek: <a href="http://www.iseek.org">www.iseek.org</a></p> <p>MOHE <a href="http://www.getreadyforcollege.org">www.getreadyforcollege.org</a></p> <p>WorkForce Center: (763) 783-4800 (V) (763) 785-5987(TTY) <a href="http://www.mnwfc.org/anoka">www.mnwfc.org/anoka</a></p>	
<p>12b) Apply for scholarships and financial aid</p>	<p>Educational Opportunity Center (EOC)</p> <p>Free Application for Federal Student Aid (FAFSA)</p> <p>Heath Resource Center – George Washington University</p>	<p>EOC: (763) 783-4893</p> <p>FAFSA: (800) 433-3243 (V) (800) 730-8913 (TTY) <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a></p> <p>Heath Resource Center: (202) 973-0904 (V/TTY) <a href="http://www.heath.gwu.edu">www.heath.gwu.edu</a></p>	
<p>12c) Contact disability services coordinator at college of choice, if applicable</p>	<p>College Disability Services (see Resource page 22)</p>	<p>Disability Coordinator:</p>	
<p>13) Continue to assess assistive technology needs for education, home living and employment</p>	<p>School/IEP Manager/504 Manager</p> <p>STAR (System of Technology to Achieve Results) Program (see Resource Page 56)</p>	<p>School case manager:</p> <p>STAR Program (651) 201-2640 (V) MN Relay at 711 or 1-800-627-3529 <a href="http://www.state.mn.us/ebranch/admin/assistivetech/index.htm">www.state.mn.us/ebranch/admin/assistivetech/index.htm</a></p>	
<p>14) Assess needs for and implement guardianship or conservatorship process if applicable</p>	<p>Arc Greater Twin Cities (see Resource Page 16)</p> <p>County Case Manager/ Public Health Nurse</p>	<p>Arc 952-920-0855 <a href="http://www.arcgreatertwincities.org">www.arcgreatertwincities.org</a></p> <p>County Case Manager:</p>	



# Brain Injury Transition Road Map

## Things To Do

**Ages: 19 – 21**

To Do List	Where to Find Further Information or Training	Phone Numbers	Date Completed
1) Continue to actively participate in the transition Individual Education Plan (IEP)/504 Plan	School /IEP Manager/504 Manager (see Resource Pages 53-54 & 59-60)	School case manager:	
2a) Apply for Rehabilitation Services (RS) and/or continue to participate in the Employment Plan (EP) with RS Counselor	Rehabilitation Services (RS) (see Resource Pages 51-52)	RS Counselor:	
2b) Tour community rehabilitation providers for supported employment, if applicable	Vocational Programs & Providers (see Resource Pages 62-63)  Rehabilitation Services (RS)  County Case Manager/ Public Health Nurse, if applicable	RS Counselor:  County case manager:	
3) Continue to assess needs and supports for independent living	Ansell-Casey Inventory  Metro Center for Independent Living (MCIL) (see Resource Page 31)  Courage Residence (see Resource Page 23)  Housing Information (see Resource Pages 20-21)	Ansell-Casey: <a href="http://www.caseylifeskills.org">www.caseylifeskills.org</a>  MCIL: (651) 646-8342 (V) (651) 603-2001 (TTY) <a href="http://www.mcil-mn.org">www.mcil-mn.org</a>  Courage Center (763) 520-0307 (V) (763) 520-0245 (TTY) <a href="http://www.courage.org">www.courage.org</a>	
4) Continue to learn about the rights and responsibilities in developing self-advocacy skills	Americans with Disabilities Act (ADA) (see Resource pages 12-15)  Brain Injury Association of Minnesota (See Resource Pages 17-18)  MN Disability Law Center (MDLC) (see Resource Page 34)	Great lakes ADA Center: (800) 949-4232 <a href="http://www.adagreatlakes.org">www.adagreatlakes.org</a>  Brain Injury Association (612) 378-2742 <a href="http://www.braininjurymn.org">www.braininjurymn.org</a>  MDLC: (612) 332-1441 (V) (612) 332-4668 (TTY) <a href="http://www.mndlc.org">www.mndlc.org</a>	

	PACER Center (see Resource Pages 37-38)	PACER: (952) 838-9000 (V) (952) 838-0190 (TTY) www.pacer.org	
5) Continue to assess transportation needs and training	School/IEP Manager/504 Manager  Rehabilitation Services (RS)  Drivers assessment/training specifically for persons with disabilities (see Resource Page 24)  Public transportation options (see Resource Pages 42-45)	School case manager:  RS Counselor:	
6) Continue to establish social/recreational activities	Social/Recreation (see Resource Page 46-50)		
7) Identify, select, and apply for post-secondary schools or other training programs, if applicable	School/IEP Manager/504 Manager School Guidance Counselor  Rehabilitation Services (RS) Counselor  Post Secondary Planning Guide  Iseek.org  Minnesota Office of Higher Education (MOHE)  Minnesota WorkForce Center, Anoka County (see Resource Page 36)	School case manager:  RS Counselor  Planning Guide website: <a href="http://education.state.mn.us/mde/static/009336.pdf">http://education.state.mn.us/mde/static/009336.pdf</a>  Iseek www.iseek.org  MOHE www.getreadyforcollege.org  MN Workforce Center: (763) 783-4800 (V) (763) 896-5987 (TTY) www.mnwfc.org/anoka	
7b) Apply for scholarships and financial aid	Educational Opportunity Center (EOC)  Free Application for Federal Student Aid (FAFSA)  Heath Resource Center – George Washington University	EOC: (763) 783-4893  FAFSA: (800) 433-3243 (V) (800) 730-8913 (TTY) www.fafsa.ed.gov  Heath Resource Center: (202) 973-0904 (V/TTY) www.heath.gwu.edu	
7c) Contact disability services coordinator at college of choice	College Disability Services (see Resource Page 22)	Disability Coordinator:	

<p>8) Continue to assess assistive technology needs for education, home living, and employment</p>	<p>School/IEP Manager/504 Manager</p> <p>STAR (System of Technology to Achieve Results) Program (see Resource Page 56)</p> <p>Rehabilitation Services (RS) Counselor</p>	<p>School case manager:</p> <p>STAR Program: (651) 201-2640 (V) MN Relay at 711 or 1-800-627-3529 <a href="http://www.state.mn.us/ebranch/admin/assistivetech/index.htm">www.state.mn.us/ebranch/admin/assistivetech/index.htm</a></p> <p>RS Counselor:</p>	
<p>9) Continue to assess healthcare needs and support services</p>	<p>MN Healthcare Programs (see Resource Page 35)</p> <p>PCA Services (see Resource Pages 39-40)</p> <p>TBI Waiver (see Resource Pages 61)</p> <p>MnDHO (see Resource Pages 32-33)</p>		
<p>10) Continue to assess needs for and implement guardianship or conservatorship process if applicable</p>	<p>Arc Greater Twin Cities (see Resource Page 16)</p> <p>County Case Manager/ Public Health Nurse</p> <p>Guardianship/ Conservatorship (see Resource Pages 26-27)</p> <p>PACER Center (see Resource Pages 37-38)</p>	<p>Arc 952-920-0855 <a href="http://www.arcgreatertwincities.org">www.arcgreatertwincities.org</a></p> <p>County Case Manager:</p> <p>PACER: (952) 838-9000 (V) (952) 838-0190 (TTY) <a href="http://www.pacer.org">www.pacer.org</a></p>	

**NOTES/COMMENTS:**

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# AMERICANS WITH DISABILITIES ACT (ADA)

## Overview

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

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

There are five Titles within the ADA that cover:

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

## **Title I: Employment**

Title I requires employers with 15 or more employees to provide equal employment opportunities for individuals with disabilities. Employers may hire, fire, and promote the most qualified individual, regardless of his/her disability.

Title I covers all aspects of the hiring process, including posting of available positions, interviewing, job offers, and hiring.

It requires all employers to make necessary reasonable accommodations for known disabilities of a qualified applicant or employee, unless the accommodation would impose an undue hardship on the employer. Examples of reasonable accommodations include modification of work schedules, altering a workspace, restructuring job duties, and reassignment. Tax credits may be available for employers that comply with the law.

Title I prohibits employers from giving pre-employment medical exams or inquiries to determine if an individual is disabled. It also prohibits the use of employment tests and other selection criteria that screen out or tend to screen out individuals with disabilities unless the tests are shown to be job-related and consistent with business necessity. Employers must also keep results of any medical exams confidential.

The law permits employers to inquire about the ability of a job applicant or employee to perform essential job-related functions at any time.

Title I complaints may be filed with the Equal Employment Opportunity Commission, the enforcement agency for Title I. The EEOC can be contacted to file a complaint by calling (800) 669-4000 (V) or (800) 669-6820 (TTY).

## **Title II: State & Local Governments**

Title II regulations prohibit state and local government agencies, departments, special purpose districts, and other instrumentalities from discriminating against people with disabilities in their programs, services, and activities.

Public entities must make reasonable modifications to their policies, practices, and procedures to allow equal opportunity for individuals with disabilities to participate, unless to do so would fundamentally alter the nature of the service, program, or activity.

They must also provide auxiliary aids and services, integrated program access through nonstructural and architectural modifications, and meet Title I employment provisions with all employees and contractors.

Public entities do not need to remove all physical barriers in existing buildings as long as programs provided in those buildings are readily accessible to users with disabilities in another facility. All new construction must be accessible.

The U.S. Department of Justice, (DOJ), has enforcement responsibility for all State and local government entities not specifically assigned to other designated agencies.

Title II also seeks to ensure that individuals with disabilities have equal access to existing public transportation services. All newly purchased buses and other vehicles must be accessible. In cases of inaccessible fixed route systems, public entities must provide paratransit services comparable to the level of service provided by the fixed route system.

Individuals can file transportation complaints for violations under the ADA by contacting the Department of Transportation.

## **Title III: Places of Public Accommodation**

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

Title III also applies to all commercial facilities including office buildings, factories, and warehouses.

Public accommodations must provide goods and services to individuals with disabilities in the most integrated setting possible.

The law also requires businesses to eliminate eligibility requirements that exclude or segregate individuals with disabilities unless the requirements are necessary for the operation of the accommodation.

These entities must make reasonable modifications to their policies, practices, and procedures that deny access unless the modification would fundamentally alter the nature of the goods or services provided.

When necessary, public accommodations are required to provide auxiliary aids, such as Braille material, to ensure effective communication unless it would cause an undue burden for the public accommodation.

Public accommodations must also remove all architectural and structural communication barriers in existing facilities where readily achievable.

Transportation provided by private entities must also be accessible.

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

The Department of Justice (DOJ) enforces Title III of the ADA.

## **Title IV: Telecommunications**

Title IV requires that telephone companies provide telecommunication relay services that allow individuals with hearing or speech impairments to communicate using a TTY or other non-voice device. Relay services may be accessed by dialing 7-1-1.

Title IV also requires that all television public service announcements produced or funded in whole or in part by the Federal government include closed captioning.

The Federal Communications Commission (FCC) enforces Title IV of the ADA.

## **Title V: Miscellaneous Provisions**

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

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

## **Great Lakes ADA & Accessible IT Center**

### **Great Lakes' Services**

#### Technical Assistance:

The Regional Center operates a national toll-free information line for answering questions about all aspects of the ADA and Accessible Information Technology (IT). Anyone seeking information is encouraged to use this service. (800) 949-4232 (V/TTY)

### Accessible IT Initiative

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

### Audio Conference

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

### Materials Dissemination

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

### **ADA and Accessible Information Technology**

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

### **States Served by the Great Lakes Center**

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

### **For More Information:**

Great Lakes ADA Center & Accessible IT Center  
University of Illinois at Chicago  
Institute on Disability & Human Development (MC 728)  
1640 West Roosevelt Rd, Room 405  
Chicago, IL 60608

(800) 949-4232 (V/TTY)

[www.adagreatlakes.org](http://www.adagreatlakes.org)

# ARC GREATER TWIN CITIES

4301 Highway 7, Suite 140

Minneapolis, MN 55416

(952) 920-0855

[www.arcgreatertwincities.org](http://www.arcgreatertwincities.org)

Arc Greater Twin Cities is a non-profit, member-driven organization that provides information, advocacy and support services for people with intellectual and developmental disabilities and their families. Arc's mission is to secure opportunities for people with disabilities and their families to live, learn, work and play as they choose.

Arc Greater Twin Cities has programs and services for individuals and families across the life span. Programs are delivered across the seven-county Twin Cities metro area, including many in Anoka County. Arc's core programs and services are listed below. For a complete quarterly calendar of all events, support groups and People First meetings, visit Arc's Web site at [www.arcgreatertwincities.org](http://www.arcgreatertwincities.org).

**Information and One-to-One Advocacy:** Advocates are available by phone to provide information and assistance from 8:30 a.m. to 5:00 p.m., Monday through Friday. Many questions can be answered on the spot. Arc also offers direct, one-to-one advocacy services for issues that are more complex. For information and one-to-one advocacy services, call Arc at (952) 920-0855.

**Public Policy Advocacy and Systems Change Initiatives:** Arc works to give individuals and families a voice in public policy decisions that affect their lives through a variety of public policy advocacy and systems change initiatives. One key program is Arc's Action Alert Network, which informs network members when key legislative developments arise and makes it easy for participants to contact legislators about important issues. To join the Action Alert Network or learn about other opportunities to shape public policy, call Arc at (952) 920-0855 or visit [www.arcgreatertwincities.org](http://www.arcgreatertwincities.org).

**Family Connections:** Arc strengthens families by connecting them with community resources and with each other. Programs include:

- **Parent/Caregiver Connections** – Support and networking groups for parents and others who provide care for a person with disabilities.
- **Sibshops** – Support, information and fun for children and teens who have siblings with disabilities.
- **ArcShops** – Information and training on issues that arise throughout the life span, including guardianship, transition to adulthood, recreation, community inclusion, parent issues and many other topics.
- **Forums** – Special training opportunities and public policy forums, often co-sponsored with other community organizations or public sector partners.
- **GetSet! Training for Special Education Success** – Parent-to-parent training about the Individuals with Disabilities Education Improvement Act (IDEIA). GetSet helps parents better understand the special education system, participate in their child's education planning and strengthen their advocacy skills on behalf of their child.

**People First:** Arc Greater Twin Cities supports seven Twin Cities chapters of People First, a self-advocacy and self-help organization for adults with disabilities. People First empowers individuals to speak for themselves, gain new skills and work toward independence and self-sufficiency. People with disabilities are voting members and organization leaders. Each meeting usually features a topic and a speaker. People First Anoka meets the second Thursday of each month from 7:00-8:00 p.m. at the Anoka County Human Services Center, 1201 89th Ave. NE, Suite 325, Blaine.

For more information about programs and services, volunteer opportunities and membership, call Arc Greater Twin Cities at (952) 920-0855 or visit [www.arcgreatertwincities.org](http://www.arcgreatertwincities.org).

# THE BRAIN INJURY ASSOCIATION OF MINNESOTA

34 13th Ave NE, Suite B001

Minneapolis, MN 55413

Phone: 612-378-2742, Outstate MN: 1-800-669-6442, Fax: 612-378-2789

Email: [info@braininjurymn.org](mailto:info@braininjurymn.org)

Website: <http://www.braininjurymn.org/>

## What is The Brain Injury Association of Minnesota?

The Brain Injury Association of Minnesota provides help, hope and a voice for the 94,000 Minnesotans who live with a disability as a result of brain injury.

### Mission

To enhance the quality of life and bring the promise of a better tomorrow for all people affected by brain injury.

### Programs

The Association offers the programs in Resource Facilitation, Information and Resources, Individual Assistance, Case Management, Multicultural Outreach, Public Awareness.

**Resource Facilitation (formerly the TBI Discharge Program)** - This free service is dedicated to helping people navigate life after brain injury. Resource Facilitation provides on-going support after hospital discharge. Participants in the program receive scheduled calls at regular intervals to help problem-solve issues and identify resources needed to succeed after brain injury. This consumer-driven program allows individuals to determine the level of support needed. Interpretation services are available for non-English speakers.

**Information and Resources (I & R)/Individual Assistance** - Persons with brain injury, family members and professionals call the Brain Injury Association for information about aspects of brain injury, for referral to professionals and services, or because they are in a crisis and do not know where else to turn. Emotional support as well as information is provided over the telephone. The Association also provides time-intensive individual assistance and advocacy to persons with brain injury and their families. Each individual, each injury and each set of circumstances is unique. Individuals may seek help soon after the injury or years later, when new problems develop their problems may be relatively easy to resolve or very complex.

**Case Management** - The Case Management program assists consumers on Traumatic Brain Injury (TBI) Waivers and Community Alternative for Disabled Individuals (CADI) Waivers, as well as provides Relocation Service Coordination within contracted counties. The Association can provide flexible case management services for consumers utilizing Consumer Directed Community Supports (CDCS).

**Multicultural Outreach Program** - The Multicultural Outreach Program has grown out of the Brain Injury Association of Minnesota's highly successful Latino Outreach Program. The focus of the Multicultural Outreach Program is to broaden awareness of brain injury in racially/ethnically diverse communities. This is achieved by working closely with existing cultural service organizations to provide education and support to professionals, spiritual leaders and community members about brain injury. The Association has the capacity to support both consumers and community organizations through this program.

**Peer/Mentor Support** – The Peer/Mentor Support Connection matches trained volunteers (Mentors) with individuals with brain injury or their family members (Peers). Mentors volunteer to support their peers in the process of adjustment to brain injury., address the challenges associated with brain injury and appreciate their accomplishments. They provide a confidential, consistent source of support.

**Public Awareness** - Several public awareness activities are held statewide throughout the year to promote brain injury prevention, including the annual Walk for Thought, and a bike/skateboard safety fest at the Mall of America. Several public awareness publications are available to help persons with brain injury and families become aware of available services and to reach professionals with information about brain injury. These publications include informational brochures, the quarterly Brain Injury Association newsletter, a bi-weekly electronic newsletter and the Association website.

**Educational Programs** - The Association offers a vast array of consumer education and professional development programming. Some of these opportunities include: the annual two day educational conference, the Discharge Planning Conference, monthly meetings of the Brain Injury Community Committee, Family Retreat, and quarterly workshops geared to person with brain injuries and families.

**Public Policy Advocacy** - The Association concentrates on grassroots advocacy to influence, educate and improve Public Policy that affects people with brain injury and their loved ones.

Website lists Resources and Advocacy information.

## **Resource**

**Preparing for Life after High School: The Next Steps, \Living with Brain Injury,** Donald R. Hood, Bonnie Todis, PHD, Ann Glang, Phd, 2006, Brain Injury Association of America.

**ANOKA COUNTY  
COMMUNITY TRANSITION INTERAGENCY COMMITTEE  
(CTIC)**

**[www.anokacountyctic.org](http://www.anokacountyctic.org)**

**What is CTIC?**

CTIC is a collaboration of students, parents, educators, social service providers, and employers working to connect young adults (ages 14-21) with disabilities and their families to community resources to help them reach their potential at home, at work and in the community.

**Mission Statement**

CTIC connects young adults and their families to community resources, empowering them and strengthening their advocacy skills in order to navigate their life plan.

**How can you learn more about the Anoka County CTIC or how can you join?**

Call CTIC ..... 763-785-3673  
Email CTIC ..... [anokacountyctic@hotmail.com](mailto:anokacountyctic@hotmail.com)  
Log onto ..... [www.anokacountyctic.org](http://www.anokacountyctic.org)

# ANOKA COUNTY HOUSING INFORMATION

## Subsidized Housing

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

The Metropolitan Council is not taking applications at this time. For recorded housing information, call 651-602-1428. This is the number for the Metropolitan Council and will provide additional information on who is taking applications for vouchers.

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

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

## Housing Assistance and Referral

**Anoka County Housing Coordinator** ..... **763-422-7304**  
Information, referral and counseling to low income families, single individuals and persons with special needs who are seeking housing services. Referrals to appropriate housing providers and to other agencies. Includes bi-weekly listings of rental openings and mortgage foreclosure referrals.

Anoka County Government Center  
2100 - 3rd Avenue - 4th Floor  
Anoka, MN 55303-3364

**ACCAP Property Services**..... **763-783-4747**  
Provides a broad variety of low to moderate cost housing alternatives, i.e.: transitional housing for homeless families and long term apartments for individuals and families. Programs are spread throughout Anoka County. Call the Housing Hotline at ACCAP 763-783-4710

## Anoka County Subsidized Housing

Name of Development	Subsidized Program	Phone #	Total Subsidized Units	Bedroom Mix
Sunny Acres – Meadowview Apts. (by appointment only) 2701 - 11th Avenue North Anoka, MN 55303	Sec. 8	763-421-7702	52	1,2,3
Northgate Woods* 1530 NE 123rd Lane Blaine, MN 55434	Sec. 8	763-757-9031	75	1,2,3,4
Drake Apartments* 10011 Egret Boulevard Coon Rapids, MN 55433	Sec. 8	763-784-3808	48	2,3
Galway Place Townhouses* 11240 Osage Street NW Coon Rapids, MN 55433	Sec. 8	763-755-0322	36	2,3,4
Mississippi View 11020 Mississippi Boulevard Coon Rapids, MN 55433	Sec. 236	763-427-4700	96	1,2,3
Six Acres Townhouses 1555 - 118th Lane NW Coon Rapids, MN 55433	Sec. 8	763-754-2505	14	3
Village Green Apartments* 460 Mississippi St. NE Fridley, MN 55432	Sec. 8	763-574-0674	195	1,2,3
Abbey Fields* 233rd Avenue NW St. Francis, MN 55070	Sec. 8	763-753-1724	42	2,3
Rum River Square Apts.* 3040 Bridge St. SE St. Francis, MN 55070	FmHA	952-935-0359	24	1,2
Grasslands* 11740 Xeon Boulevard Coon Rapids, MN 55433	202/Sec. 8	763-783-4747	24	1,2

\*Buildings with handicap-accessible units

# COLLEGE DISABILITY SERVICES

Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990 (ADA) state that:

*No otherwise qualified individual...shall, solely by reason of his or her disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.*

Because of this, each college\* campus has at least one designated staff member who helps with modifications and accommodations for students with disabilities.

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

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

**To access the list of all Minnesota State College and University disability coordinators, go to:**

**[www.cte.mnscu.edu/directories/disabilitycoordinators.html](http://www.cte.mnscu.edu/directories/disabilitycoordinators.html)**

**For the U of M, go to:**

**<http://ds.umn.edu>**

**For all other private institutions, go to:**

**[www.edina.k12.mn.us/edinahigh/counseling/college\\_disability\\_services](http://www.edina.k12.mn.us/edinahigh/counseling/college_disability_services)**

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

# **Courage Residence**

## **Courage Center**

3915 Golden Valley Road

Golden Valley, MN 55422

Phone: 763-520-0307

Website: [www.courage.org](http://www.courage.org)

## **About Courage Residence**

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

## **Who is Courage Residence for?**

In general, you need to be:

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

## **Who Pays for Courage Residence?**

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

## **Further Questions?**

Contact the Courage Residence admissions coordinator at 763-520-0307 or go to [www.courage.org](http://www.courage.org).

# **DRIVERS' ASSESSMENT & TRAINING**

## **What is a Drivers' Assessment/Evaluation?**

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

## **Who is a Drivers' Assessment/Evaluation for?**

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

## **What is Drivers' Training?**

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

## **How would I pay for this program?**

Individuals may access Drivers' Assessment/Evaluation and Training services through a variety of funding options, including private insurance and self-pay.

## **Who offers a Drivers' Assessment/Evaluation and Training in the Twin Cities Metro Area?**

**Adaptive Experts**  
**(651) 501-5680**

**Courage Center**  
**(763) 520-0425**  
**[www.courage.org](http://www.courage.org)**

# EFOLIO MINNESOTA

Website: [www.efoliominnesota.com](http://www.efoliominnesota.com)

Telephone help is available from the Minnesota Online Call Center:

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

1.800.456.8519    1.800.627.3529 (TTY)

## What is eFolio Minnesota?

eFolio Minnesota is a multimedia electronic portfolio designed to help you create a living showcase of your education, career and personal achievements. All Minnesota residents, including students enrolled in Minnesota schools, educators and others can use eFolio Minnesota to reach their career and education goals.

Achieve your education and career objectives with a personal electronic portfolio from eFolio Minnesota. Digitally document and share your education, employment history, activities, and goals with whomever you choose whenever you want.

Electronic portfolios are similar to “hard copy” portfolios, except that they are much more versatile and are created in a virtual environment. No longer will you need to sort through boxes and files to find your best samples - they're all in your electronic portfolio. You can upload documents, pictures, computer graphics, audio, and video files into your electronic portfolio to give your audience an actual look at what you can do. It's easy to design portions of your site to meet the specific interests of your target audiences. Access your electronic portfolio at any time from anywhere to change or add content.

## Three User Groups

The electronic portfolio creative tool is organized into three user groups: students, educators and others considering a job or career change. Each category is designed to showcase individual strengths.

**Students** (current students: K-12 or higher education) can showcase their educational accomplishments, employment, volunteer experience and interests. Students under age 18 will receive a private site requiring a password and username to share with others of your choosing.

**Educators** are not only using electronic portfolios in their career pursuits, but many are also using them in teaching and assessment. Use *eFolio Minnesota* in a number of ways - as an interactive communications tool to provide feedback to students, as a tool to document and assess student learning, and to prepare students for their careers.

**Job Seekers** (those seeking employment) can market their career history, skills and other experience to prospective employers by directing them to their electronic portfolio.

# **GUARDIANSHIP / CONSERVATORSHIP**

Parents are the natural guardians of their children until the age of 18, when the power to make decisions on their behalf ends. A court must authorize any future guardianship powers once a person legally becomes an adult.

## **What is Guardianship?**

Guardianship is the result of a court hearing that establishes the need to appoint an individual (guardian) to assume substitute decision making powers for another person (ward) who is not capable of exercising his/her rights due to incapacity or incompetency. The standard for determining incapacity generally requires that a person is functionally unable to care for self or property and can not communicate decisions regarding care for self or property. This incapacity must be the result of a disorder or disability.

A guardianship refers to the appointment of an agent over the person with incapacities. A person under a guardianship is no longer found by the court to be incompetent, nor does it automatically revoke the person's right to vote.

## **What is Conservatorship?**

A conservatorship refers to the appointment of an agent to manage the estate/money/assets of a person with incapacities.

Unless the person has substantial assets, it may not be necessary to seek a conservatorship of the estate since there are detailed accounting procedures required. In most cases, if the individual's only income and support is SSI, Medical Assistance (MA) or other governmental benefits, then a guardianship of the person is adequate to protect the individual's rights. Financial and estate matters can be protected through representative payees or other less restrictive means.

## **Consequences of Not Filing for Guardianship/Conservatorship**

If guardianship or conservatorship is appropriate for your family member, failure to seek these powers may result in a loss of parental power to consent to ordinary or necessary medical care; loss of access to medical records; loss of authority to challenge school or residential facility programs; and other rights previously held.

Arc sponsors various guardianship workshops throughout the year. Please call Arc Greater Twin Cities for a schedule at (952) 920-0855.

## **Publications of Interest**

### *Guardianship/Conservatorship in Minnesota*

*Full step by step guide to the court process that must be followed when establishing a guardianship or conservatorship. Published by Arc Minnesota and the Minnesota Department of Human Services Public Guardianship Office. Call Arc Great Rivers for a copy: (763) 783-4958.*

### *Assessing the Need for Guardianship or Conservatorship; A Family's Resource Guide.*

*A booklet to help family members and friends with the detailed decision making process involved with seeking private guardianship or conservatorship powers to assist a relative with a disability. Published by Arc Minnesota: (651) 523-0823.*

# Important Documents

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

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

## *How to obtain a birth certificate*

1. [www.health.state.mn.us/divs/chs/osr/birth.html](http://www.health.state.mn.us/divs/chs/osr/birth.html)

or

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

Minnesota Department of Health  
Attention: Office of the State Registrar  
P.O. Box 64882  
St. Paul, Minnesota 55164-0882

OR

**Fax** the completed form, birth certificate fee worksheet, credit card (Master Card, VISA, American Express and Discover Card) number and expiration date to 651-291-0101.

*Allow 4-6 weeks for processing applications.*

If you have questions, please e-mail [osr1@health.state.mn.us](mailto:osr1@health.state.mn.us) or call 651-201-5970.

### ***How to obtain a Social Security Card:***

<http://ssa.gov>

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

SOCIAL SECURITY  
BROOKLYN XNG OFC PARK  
3280 NORTHWAY DRIVE  
BROOKLYN CENTER, MN 55429  
(800) 772-1213  
TTY (800)325-0778

### ***How to obtain your MN ID or Drivers License:***

[www.co.anoka.mn.us](http://www.co.anoka.mn.us)

**Contact one of the following locations.**

#### **License Center Locations, Hours, Phone Numbers and E-Mail Addresses**

##### **Anoka License Center**

6111 Highway 10, #500  
Ramsey, MN 55303  
Tel: 763-576-5768  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Saturday 8:00 a.m. - 2:00 p.m.

##### **Coon Rapids License Center**

3026-1/2 111th Avenue,  
Coon Rapids MN 55433  
Tel: 763-712-4102  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Saturday 8:00 a.m. - 2:00 p.m.

##### **Blaine License Center**

11000 Hwy 65 NE  
Blaine MN 55434  
Tel: 763-767-3889  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Saturday 8:00 a.m. - 2:00 p.m.

##### **Ham Lake License Center 1**

7565 Central Ave NE - #330  
Ham Lake MN 55070  
Tel: 763-413-9717  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Saturday 8:00 a.m. - 2:00 p.m.

##### **Columbia Heights License Center**

3982 Central Avenue NE  
Columbia Heights MN 55421  
Tel: 763-789-7202  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Saturday 8:00 a.m. - 2:00 p.m.

***How to obtain your Medical History and Immunization Record:***

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

***How do I obtain a copy of my IEP and ESR?***

Contact your school case manager and ask for a copy.

***How do I obtain a copy of my medical insurance card?***

If it is private insurance, contact the insurance carrier or employer. If it is part of the MN Healthcare program, contact your financial worker or the Income Maintenance number at (763) 717-7700 in Anoka County.

# Metropolitan Center for Independent Living

1600 University Ave. W., Suite #16

St. Paul, MN 55104

Phone: (651) 641-0297

TTY: (651) 603-2001

www.mcil-mn.org

*A Community Resource Center for Persons with Disabilities.*

## Used Equipment Referral (UER)

A clearing house for used adaptive equipment. UER matches buyers and seller of equipment. Categories of equipment include; ambulatory devices, bathroom equipment, children's equipment, exercise equipment, hand controls. Hospital beds, hoist lifts, oxygen equipment, ramps, stair elevators, three wheelers, vans, van lifts and wheelchairs.

## RAMP Project

MCIL assists the person through construction and rental of ramps, both permanent and temporary.

## Peer Support

One to One support by a person with a disability to share experience and offer assistance in addressing a barrier or an issue the individual is facing.

## Information and Referral

Offer up to date information on community resources. Anyone is welcome to use the library of materials and tapes.

## Personal Care Attendant

Trains individuals in areas of management of their attendant care, including selecting, hiring, supervising and scheduling. MCIL has a roster of persons willing to work as attendants.

## Housing Referral

Helps locate accessible housing, complete applications, understand their rights and responsibilities as a tenant. MCIL has a housing database with listing of housing throughout the metro area.

## Independent Living Skills

MCIL offers opportunities for persons with disabilities to learn the skills to become more independent. The areas of training include; Accessibility, Attendant Care, Civil Rights, Communications, Daily Living, Education, Employment, Equipment, Financial Benefits, Health Care, Housing, Recreation and Transportation

## Transition

MCIL assists young adults with disabilities (ages 14-25) towards greater independence by preparing them for the transition from school and home to more independent environment. Services include home living, community services, recreation/leisure, vocational skills and post secondary education.

## Advocacy

MCIL joins with persons with disabilities in addressing issues which affect their lives. The focus is on education on the issue areas and supporting the individuals in their efforts.

# **MINNESOTA DISABILITY HEALTH OPTIONS (MnDHO)**

## **What is the Minnesota Disability Health Options Program?**

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

## **Who is eligible?**

Applicants must:

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

## **What services are offered?**

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

## **Do I have to pay anything to be in this program? What if I have a spenddown?**

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

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

People who are on the Traumatic Brain Injury (TBI) or the Community Alternatives for Disabled Individuals (CADI) waivers are eligible to enroll in MnDHO. If you are currently getting CADI or TBI waiver services, you can continue to get them through MnDHO, as long as you still need the services. You will no longer have a county waiver case manager. Instead, your health coordinator will help you get these services.

People on the Mental Retardation and Related Conditions (MR/RC), Community Alternative Care (CAC) or Elderly Waiver (EW) programs are not eligible to enroll in MnDHO.

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

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

## **How to enroll:**

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

## **MnDHO is sponsored by:**

**MN Department of  
Human Services**  
Questions about MN Health  
Care programs:  
(651) 431-2670  
(800) 627-3529 (TTY)  
Website: [www.dhs.state.mn.us](http://www.dhs.state.mn.us)

**UCare Complete**  
(612)-676-3554 (V)  
(612)-676-6810 (TTY)  
Email:  
[ucarecomplete@ucare.org](mailto:ucarecomplete@ucare.org)  
Website: [www.ucare.org](http://www.ucare.org)

**AXIS Health Care**  
(651) 641-0887 (V)  
(651) 556-0872 (TTY)  
Email: [info@axishealth.com](mailto:info@axishealth.com)  
Website: [www.axishealth.com](http://www.axishealth.com)

# MINNESOTA DISABILITY LAW CENTER

Minneapolis Office - 300 Kickernick Building

430 First Avenue North, Suite 300

Minneapolis, MN 55401-1780

Phone: 612-334-5970

TDD: 612-332-4668

Toll-free: 800-292-4150

www.mndlc.org

## **What Is The Minnesota Disability Law Center?**

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

## **MDLC Projects**

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

*DDA serves persons with developmental disabilities. “Developmental disabilities” include such disabilities as mental retardation and, often, autism, cerebral palsy, muscular dystrophy, epilepsy, and other disabilities that significantly limit the person's capacity in self-care, communication, learning, mobility, employment, and capacity for independent living. In addition, the onset of the disability must be prior to age 22.*

*DDA provides advice and legal representation on disability-related matters, such as special education, day training and habilitation services, residential services, vocational training, institutional conditions, county case management, discrimination, protection from abuse and neglect, social services and Medical Assistance.*

With funding from the STAR (A System of Technology to Achieve Results) program, DDA also provides advocacy to individuals with disabilities who need assistive technology.

### **The Client Assistance Project (CAP)**

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

## **Priorities For Case Selection**

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

**Minnesota Health Care Programs**  
**(651) 431-2670 (main number)**  
**[www.dhs.state.mn.us/main/groups/healthcare/](http://www.dhs.state.mn.us/main/groups/healthcare/)**

The Minnesota Department of Human Services ensures basic health care coverage for low-income Minnesotans through four major publicly subsidized health care assistance programs. More than half a million Minnesotans have health care coverage through Minnesota Health Care Programs.

**Minnesota Health Care Programs**

**Families and Children under 21**

**What health care programs are available?**

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

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

**What if I have a child with a disability?**

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

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

**How do I apply?**

You must fill out a Minnesota Health Care Programs Application. You can do so by going to the website listed above and download it or contact the following agencies for assistance.

**Anoka County Government Center – Income Maintenance**

2100 3rd Avenue  
Anoka, MN 55303  
(763) 422-7200 OR

**Blaine Human Services Center**

1201 89th Avenue NE, Ste 400  
Blaine, MN 55434  
(763) 717-7700

# MINNESOTA WORKFORCE CENTER

Anoka County

1201 - 89th Avenue NE, Suite #235

Blaine, MN 55434

Phone: 763-783-4800

TDD: 763 785-3360

[www.deed.state.mn.us/services.htm](http://www.deed.state.mn.us/services.htm)

## **Mission**

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

***The workforce center is made up of:***

➤ *The MN Department of Employment and Economic Development:*

- *Rehabilitation Services / State Services for the Blind*
- *Job Service/Reemployment Insurance*

➤ *The Anoka County Job Training Center*

➤ *Minnesota Youth Program*

*Provides work experience and academic enrichment activities to economically disadvantaged and at-risk youth between the ages of 14-21.*

***We have joined together to provide the following services at no fee:***

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

For more information about the **Minnesota Workforce Center - Anoka County**, call (763) 783-4800, (763) 785-3360 TDD, or stop in Suite #235.

# PACER CENTER

*Parent Advocacy Coalition for Educational Rights*

8161 Normandale Blvd., Minneapolis, MN 55437

Voice: 952-838-9000

TTY: 952-838-0190

E-Mail: [pacer@pacer.org](mailto:pacer@pacer.org)

Web Site: [www.pacer.org](http://www.pacer.org)

## PACER's Mission

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

## Who We Are

PACER Center is a statewide nonprofit organization that serves families of children and adults with disabilities. PACER works through the coalition efforts of families representing 20 disability organizations.

Established in 1977 and staffed primarily by parents of youth with disabilities, PACER carries out the philosophy of *Parents Helping Parents* through workshops, individual assistance and written information. Throughout Minnesota, PACER's services reach families of children and adults with ALL disabilities: physical, mental, learning and emotional.

PACER's programs help parents become informed and effective representatives for their children in early childhood, school age and vocational settings. Through knowledge about laws, resources and parents' rights and responsibilities, families are better equipped to work with agencies to obtain appropriate services for their sons and daughters.

## Programs for Parents and Families

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

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

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

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

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

**Project PRIDE (PACER's Rehabilitation Act Information & Disability Education)** - Informs and trains youth with disabilities, their family members, advocates and professionals about the Rehabilitation Act.

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

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

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

### **Resources for Students, Schools and Professionals**

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

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

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

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

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

### **Resources and Other Services**

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

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

# PERSONAL CARE ATTENDANT (PCA) SERVICES

763-422-6970

## Overview

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

## Eligibility

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

- Be eligible to receive Medical Assistance (MA) or MinnesotaCare Expanded (pregnant women and children)
- Require services that are medically necessary and ordered by a physician
- Be able to make decisions about your own care or have someone who can make decisions for you

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

## Program Services

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

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

## Program Options

- PCA Choice Option, which allows recipients to be responsible for the hiring, training and firing of their personal care assistant staff rather than obtaining personal care assistant staff through an agency
- Shared Care Option, which allows two or three recipients to share services in the same setting at the same time from the same personal care assistant

## **How to get PCA services**

Contact Anoka County Public Health Nursing Intake at **763-422-6970**. Request an initial assessment for PCA services. A Nurse will contact you to arrange the initial assessment. The nurse can provide you with a list of Personal Care Provider Organizations covering Anoka County.

# PROJECT C<sup>3</sup>

PACER Center

8161 Normandale Blvd.

Minneapolis, MN. 55437

call us at 952-838-9000 or toll-free at 888-248-0822

email [C3@c3online.org](mailto:C3@c3online.org).

Internet: [www.c3online.org](http://www.c3online.org) and [www.c3mn.org](http://www.c3mn.org)

## **Overview**

If you haven't heard of Project C<sup>3</sup> yet, you will! Project C<sup>3</sup> is a partnership between several organizations who offer many different kinds of services to youth and young adults. Our goal is to help young adults in transition become successfully employed or to continue their education in high school, colleges or universities.

In a nutshell, Project C<sup>3</sup> is working to be THE organization that brings the **whole state** together to make sure that transition happens effectively for students with disabilities. There are many components to Project C<sup>3</sup>, but it is most important to know about their two websites and their developing **Communities of Practice**.

## **Two Websites**

The first is [www.c3online.org](http://www.c3online.org), which will link a student in transition to information in the following areas: employment, transportation, education, health, things to do, community living, families, best practices for serving youth, and resources just directed toward youth.

The second site is [www.c3mn.org](http://www.c3mn.org). This is where students can go to find detailed information on resources available in *their own* geographic area.

## **Communities of Practice**

Communities of Practice (COPs) are defined as groups of people (**students**, parents, teachers, community service providers, businesses, etc.) who share a similar passion and who interact on a regular basis to learn from one another and problem solve. There are 8 COPs identified in the State of Minnesota, and Anoka County is a part of the East Metro COP, which also includes Dakota, Ramsey and Washington Counties. These groups come together to identify transition barriers and develop ways to overcome them. They can be stand alone groups or can be associated with another group that gathers for similar reasons, such as Community Transition Interagency Committees (CTICs). The Anoka County CTIC, who put together the guide that you are reading, is a part of the East Metro COP as well.

Anyone interested should contact Project C<sup>3</sup> to learn how they can become involved too!

**Public Transportation Options**  
**ANOKA COUNTY TRAVELER**  
**[www.anokacounty.us/transit](http://www.anokacounty.us/transit)**

The Traveler is for EVERYONE – as long as you can travel independently, there are no requirements. Visit your doctor, school, shopping mall, city hall or even a friend; you can go anywhere with the Traveler. Plus, your Traveler ticket allows you FREE TRANSFER TICKETS to Metro Mobility and Metro Transit. For current prices and schedules, contact the phone numbers listed below.

**Fixed Routes**

The Anoka County Traveler operates three fixed routes throughout portions of Anoka, Blaine, Columbia Heights, Coon Rapids and Fridley, as well as Brooklyn Center, St. Anthony, New Brighton and Roseville. Connections can be made to all areas of Anoka County and to the metro area. No appointment is necessary, simply wait at any corner or bus stop along the designated route. The Traveler operates fixed routes from 6:08 a.m. to 8:03 p.m. on weekdays and 8 a.m. to 6:48 p.m. on Saturdays.

**Fixed Route Important Phone Numbers**

Schedule Information: (612) 373-3333

TTY Schedule Information: (612) 341-0140

24-Hour Automated Schedule Information: (612) 341-4BUS

**Dial-a-Ride**

The Anoka County Traveler dial-a-ride service provides curb to curb transportation service anywhere in Anoka County. Anyone can use the service as long as they are able to travel independently or with a personal care attendant (PCA). The Traveler dial-a-ride coordinates with the fixed route to ensure passengers the most efficient and affordable way to travel. Pick-ups and drop-offs must be within the scheduled time periods. **Please note:** Vehicles operate within a 30 minute window; they can arrive 15 minutes before or 15 minutes after the scheduled pick-up time. Rides may be scheduled between 8 a.m. – 5 p.m., seven days a week, including holidays. Rides may be scheduled up to four days in advance.

**Dial-a-Ride Important Phone Numbers**

Anoka County Transit Office

General Information: (763) 422-7075

Reservations: (763) 323-5222

Reservations: (763) 717-9854 TTY

Cancellations: (763) 323-5234

**Reduced ADA Fares**

ADA fares are for persons certified under the ADA and traveling within the ADA Service Area as defined by the Metropolitan Council. To qualify, show your Metro Mobility card or transfer, Metro Transit temporary ID with a photo ID or Minnesota driver's license/state ID with an "L" endorsement. For information on certification, call 763-349-7415.

<p><b>Public Transportation Options</b></p> <p><b>METRO MOBILITY</b></p> <p><b>Customer Service.....651-602-1111</b></p> <p><b>TTY Customer Service.....651-221-9886</b></p> <p><b>www.metrocouncil.org</b></p>
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**Metro Mobility Program Description**

Metro Mobility is the door-through-door public transportation system for persons with disabilities in Minneapolis, St. Paul and many adjoining suburbs.

Door-through-door service means that drivers will assist riders through the first set of doors at both their pickup points and their assigned destinations.

Riders certified for Americans with Disabilities Act (ADA) paratransit service schedule their trips by calling their transportation provider. Trips can be scheduled up to four days in advance and can be for any purpose. All trips are treated equally, whether a rider is traveling to a doctor’s appointment, work, shopping or meeting friends for dinner.

Metro Mobility is a shared-ride public transportation system. Routes and schedules are structured to transport multiple passengers to various destinations.

**Applying for Service**

A completed Metro Mobility application form is needed to determine eligibility for service. The eligibility is based on a rider’s functional inability to use regular-route services due to the rider’s disability or health condition. Call 651-602-1111 (TTY 651-221-9886) to have a form sent to you or print one off the website at [www.metrocouncil.org](http://www.metrocouncil.org).

**Metro Mobility Photo ID Cards**

Newly certified riders have two months to get a Metro Mobility photo identification card. During this time they must show the certification letter to the driver. Riders must carry their Metro Mobility photo ID card with them when using the service.

**Scheduling a Trip**

Riders can schedule trips up to four days in advance. Reservations are taken seven days a week between the hours of 6 a.m. and 5 p.m. Same-day requests are available when capacity and schedules allow. Riders are encouraged to schedule a ride as far in advance as possible.

**Reservation phone numbers**

East Metro Area (Laidlaw Transit Service) . . . . . 651-636-5000 or 651-636-4000 (TTY)  
 West Metro Area (Transit Team) . . . . . 612-332-7161 or 612-332-5081 (TTY)

## **Public Transportation Options**

# **METRO TRANSIT**

**24 Hour Automated Schedule Information: 612-341-4287**

**Customer Relations: 612-373-3333**

**[www.metrotransit.org](http://www.metrotransit.org)**

Metro Transit is one of the country's largest transit systems, providing roughly 95 percent of the 73 million bus trips taken annually in the Twin Cities. Each weekday customers board Metro Transit buses an average of 200,000 times.

Metro Transit operates the Hiawatha light-rail line, 129 bus routes - 68 are local service routes and 47 are express routes and 14 contract service routes, using a fleet of 878 buses. The majority of the company's fleet (818) is standard 40-foot buses while 140 are articulated ("accordion") buses and Transit buses are equipped with wheelchair lifts or ramps and racks for bicycles.

To ride the metro transit buses, students and workers ages 17 and under may qualify for a discounted Young Adult Card – contact your school or employer. Persons with Disabilities may qualify for a discounted ride. To qualify, show your Metro Mobility card or transfer, Metro Transit temporary ID with a photo ID or Minnesota driver's license/state ID with an L endorsement. For information on certification, call Customer Relations at 612-373-3333.

Metro Transit service operates Monday through Friday except on the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. There are limited hours and routes available on Saturday and Sunday and holidays that are not listed above.

**Public Transportation Options**  
**MINNESOTA**  
**NON-EMERGENCY TRANSPORTATION (MNET)**  
**1-866-467-1724**

Minnesota Non-Emergency Transportation or MNET is medical transportation to Health Services in the Metro Area. This transportation program is for people who receive Medical Assistance (MA) or General Assistance Medical Care (GAMC) and some people on MinnesotaCare. If you receive MinnesotaCare, transportation is covered only for pregnant women and children.

MNET will assess what kind of ride you need. You may get:

- Mileage reimbursement to drive your car or have someone drive you in their car
- A ride from a certified volunteer driver, arranged by MNET
- A bus pass
- A ride in a taxi
- A ride in an MNET vehicle
- A ride in light rail transit
- A list of Special Transportation Service (STS) providers, if MNET decides that you need Special Transportation. You will pick the STS provider you want and call them yourself.

MNET and Special Transportation are only for people who cannot get their own rides or who need unique transportation assistance. If you have a free or arranged way to get to health care appointments, you must continue with that.

Call MNET toll-free at 1-866-467-1724 for more information.

# RECREATION/ LEISURE RESOURCES

## **Amy's Cardinal's Nest**

Evening social activity for people with disabilities.

*Monday nights*

Olive Branch Lutheran Church  
2135 Northdale Blvd NW  
Coon Rapids, Minnesota 55433  
[www.amysnest.com](http://www.amysnest.com)

*Wednesday nights*

VFW Post 4210  
56 – 12th Street SW  
Forest Lake, MN 55025

## **Anoka County Public Libraries**

There are many library branches located throughout Anoka County.

[www.anoka.lib.mn.us](http://www.anoka.lib.mn.us)

## **Banfill-Locke Center for the Arts**

Provides a wide variety of arts programs for all ages, interests and abilities.

6666 East River Road  
Fridley, MN 55432  
763-574-1850  
[www.anokacountyparks.com](http://www.anokacountyparks.com)

## **Boy Scouts of America**

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

5300 Glenwood Avenue  
Minneapolis, MN 55422  
763-545-4550  
[www.northernstarbsa.org](http://www.northernstarbsa.org)

## **Christ for People with Developmental Disabilities**

Share the word of Christ to people who have developmental disabilities.

1727 3rd Avenue South  
Anoka, Minnesota 55303  
763-422-1369  
[www.christforpeople.com](http://www.christforpeople.com)

## **Community Education**

Local departments offer a variety of educational and recreational opportunities in an inclusive setting. Integration assistants can often be offered free of charge.

Contact Local Community Education Programs by Calling:

- Anoka-Hennepin: 763-506-1260
- Centennial: 763-792-6100
- Columbia Heights: 763-528-4417

Fridley: 763-502-5100  
Forest Lake: 651-982-8110  
St. Francis: 763-753-7030  
Spring Lake Park: 763-786-1338

### **Foss Swim School**

Swimming lessons for those of all abilities.

12440 Aberdeen Street NE  
Blaine, MN 55449  
763-398-3399  
[www.fosswimschool.com](http://www.fosswimschool.com)

### **4-H Anoka County Extension Services Activities Center**

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

University of Minnesota Extension Service - Anoka County  
Bunker Hills Activities Center  
550 Bunker Lake Blvd NW  
Andover, MN 55304-4199  
Phone: 763-755-1280  
[www.co.anoka.mn.us/departments/u\\_of\\_m\\_ext\\_serv/](http://www.co.anoka.mn.us/departments/u_of_m_ext_serv/)

### **Girl Scouts**

Variety of recreational activities for girls including girls with disabilities.

5601 Brooklyn Blvd  
Brooklyn Center, Minnesota 55429  
763-535-4602  
[www.girlscoutsmpls.org](http://www.girlscoutsmpls.org)

### **Interact Center for the Visual and Performing Arts**

Creating art and challenging society's view of disability.

212 Third Ave No Suite 140  
Minneapolis, Minnesota 55401  
612-339-5145  
[www.interactcenter.com](http://www.interactcenter.com)

### **Metro Association for Adapted Athletics**

Mission is to provide youth with disabilities the same opportunity as other students to enjoy the benefits of a quality high school sports program. This program is part of the Minnesota State High School League and athletes are provided the same rights, responsibilities, and opportunities as other athletes to earn varsity letters with conference championships, achieve all-conference recognition, and earn the right to compete in MSHSL sponsored state championships.

Minnesota State High School League: 763-560-2262  
[www.mnadaptedathletics.com](http://www.mnadaptedathletics.com)

**PALS**

Social and recreational opportunities for people with developmental disabilities. Bible study followed by an activity, but it is optional.

Jane Harris 651-484-1441

**Project Power**

Community based educational and recreational activities for people with disabilities.

Anoka-Hennepin District #11

Community Ed Department

2727 N. Ferry St.

Anoka, Minnesota 55303

763-506-1279

**Special Olympics, Anoka County (AC Cougars) Area 11**

Special Olympics enhances the human potential and quality of life for persons with intellectual disabilities by offering year-round sports training and competition.

612-333-0999

[www.specialolympicsminnesota.org](http://www.specialolympicsminnesota.org)

**Special Rollers Bowling**

Bowling league in Anoka County for those with disabilities.

Classic Bowl

11707 Round Lake Blvd NW

Coon Rapids, Minnesota 55433

763-421-4402

**Springbrook Nature Center**

A wonderful way to relax and enjoy the beauty of nature.

100 85th Avenue NE

Fridley, MN 55432

763-572-3588

<http://springbrooknaturecenter.org>

**Victory Riders, Inc.**

Therapeutic horseback riding for those with disabilities.

21325 Territorial Road

Rogers Minnesota 55374

763-428-7799

**YMCA – Emma B. Howe Northtown**

Recreation/fitness facility

8950 Springbrook Drive

Coon Rapids, Minnesota 55433

763-717-1870

[www.ymcatwincities.org/locations/northtown.asp](http://www.ymcatwincities.org/locations/northtown.asp)

# VACATION/CAMP RESOURCES



- ACCESS FOR ALL** ..... **651-603-2005**  
 1600 University Ave. W., Suite #16, St. Paul, MN 55104 [www.accessminnesota.org](http://www.accessminnesota.org)  
*The Minnesota Travel Guide for Persons with disabilities.*
- AMERICAN CAMP ASSOCIATION**..... **800-842-0380**  
 5000 State Rd 67 N., Martinsville, IN 46151 [www.acacamps.org](http://www.acacamps.org)  
*The camp resource for families!*
- ANOKA COUNTY PARKS**..... **763-767-2820**  
*Special programs, summer camps and activities* [www.anokacountyparks.com](http://www.anokacountyparks.com)
- CAMP COURAGE**..... **763-520-0504**  
 3915 Golden Valley Rd., Golden Valley, MN 55422 [www.couragecamps.org](http://www.couragecamps.org)  
*Accessible camp where children and adults with disabilities or illnesses, discover abilities they never knew they had or thought they had lost.*
- CAMP DISCOVERY** ..... **651-647-1083**  
 2380 Wycliff St., St. Paul, MN 55114 [www.ausm.org](http://www.ausm.org)  
*Autism Society of MN*
- CAMP KNUTSON** ..... **218-543-4232**  
 Manhattan Beach, MN 56463 [www.lssmn.org/camp](http://www.lssmn.org/camp)  
*American Sign Language camp available for families*
- CAMP NEW HOPE** ..... **218-426-3560**  
 53035 Lake Ave., McGregor, MN 55760 [www.campnewhopemn.org](http://www.campnewhopemn.org)  
*Provides camp to individuals with developmental disabilities*
- CAMP OMEGA** ..... **507-685-4266**  
 22750 Lind Ave., Waterville, MN 56096 [www.campomega.org](http://www.campomega.org)  
*A christian retreat facility and summer camp.*
- CAMP OZ** ..... **651-287-2300**  
 777 Raymond Ave., St. Paul, MN 55114 [www.efmn.org](http://www.efmn.org)  
*Run by YMCA - sponsored by Epilepsy Foundation*
- FRIENDSHIP VENTURES**..... **952-852-0101**  
 10509 - 108th St. NW, Annandale, MN 55302 [www.friendshipventures.org](http://www.friendshipventures.org)  
*Weekend and weeklong camp sessions - Respite weekends*

- MINNESOTA GUIDE TO THE OUTDOORS** ..... [www.wildernessinquiry.org/mnparks](http://www.wildernessinquiry.org/mnparks)  
 Accessibility Guidebook to Minnesota’s Recreational Areas
- MN TSA FAMILY LEARNING CAMP**..... **952-918-0350**  
 10249 Yellow Cr. Dr., Suite #103, Minnetonka, MN 55343 [www.tsa-mn.org](http://www.tsa-mn.org)  
*Tourette Syndrome Association of Minnesota*
- OFF THE BEATEN PATH** ..... **800-221-3155**  
 P.O. Box 853, Faribault, MN 55021 [www.otbp.info](http://www.otbp.info)  
*Provides economical vacations for developmentally disabled ambulant adults.*
- OPEN THE OUTDOORS** ..... **651-296-6157**  
 500 Lafayette Rd., St. Paul, MN 55155 888-646-6367  
*Accessible outdoor recreational opportunities in Minnesota* [www.dnr.state.mn.us/open\\_outdoors](http://www.dnr.state.mn.us/open_outdoors)
- SEARCH BEYOND ADVENTURES**..... **612-721-2800**  
 4603 Bloomington Ave., Minneapolis, MN 55407 800-800-9979  
*Provides escorted tours for adults with disabilities* [www.searchbeyond.com](http://www.searchbeyond.com)
- VENTURES TRAVEL L.L.C.**..... **952-852-0107**  
 10509 108th St. NW, Annandale, MN 55302 866-692-7400  
*Supervised travel vacations for persons with disabilities* [www.venturestravel.org](http://www.venturestravel.org)
- WILDERNESS INQUIRY**..... **612-676-9400**  
 808 14th Ave. SE, Minneapolis, MN 55414 800-728-0719  
*Focuses on getting people to personally experience the natural world.* [www.wildernessinquiry.org](http://www.wildernessinquiry.org)
- YMCA CAMP**..... **612-822-2267**  
 4 West Rustic Lodge Ave., Minneapolis, MN 55409 [www.ymcacamps.org](http://www.ymcacamps.org)  
*Information on all YMCA camps.*

# **REHABILITATION SERVICES (Formerly DRS)**

**Minnesota Department of Employment and Economic Development**

**1201 - 89th Avenue NE, Suite #220**

**Blaine, MN 55434**

**763-785-3360**

**[www.deed.state.mn.us/rehab](http://www.deed.state.mn.us/rehab)**

## **Who can get Rehabilitation Services?**

You may be able to get vocational rehabilitation services from Rehabilitation Services (RS) if you have a disability that makes it hard for you to get a job. RS is for people with disabilities who need services to get ready for work, or find or keep a job. To help decide if you can get services, your counselor will ask you if it's okay to look at reports from your doctor, school, or other people who may know about you.

RS would like to be able to work with all people who have a disability. However, we don't always have enough staff or funds to do so. When this happens, people with severe disabilities that cause serious limitations in terms of work will get services before other people.

RS will look at how well you do in seven areas:

- Getting from one place to another
- Talking and listening to others
- Taking care of yourself
- Making plans or carrying out your plans
- Getting along with other people
- Having the skills to work
- Needing changes at work to do a job

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

## **How long will it take?**

An RS counselor will tell you within 60 days after you apply if you are eligible for services. Sometimes we can't get all the information we need that fast and still make a good decision. If RS can't help you, we will tell you about other people who can. Also, due to a lack of funding to serve all persons who are eligible, there is currently a waiting list. Thus, it is very important to get your application in early during your high school years.

## **What can RS do?**

RS has many services. You and your counselor will pick the ones that are best for you. Some of them are:

- Counseling
- Training
- Finding a job
- Keeping a job
- Assistive Technology

## **Counseling**

RS counselors know about disabilities and what it takes to enter the world of work. You and your counselor will talk about what you are good at, what you like and what you need. This is your first step in choosing a good job or career. Together you will set up a plan to meet your work goals. This plan is called an Employment Plan. You and your counselor will meet from time to time to see how things are going. Your ideas are important. Feel free to ask questions. If you think your plan should be changed or you run into problems, let your counselor know. If you want to, you can choose other people to work with you and your counselor. We want the plan to be right for you.

## **Training**

If you don't have the work skills you need, you may need some training. This may be at a school or on the job. Your counselor will know what programs there are and can tell you how to find what you need.

## **Finding and Keeping a Job**

RS will work with you until you have a job that is right for you. Your counselor will be sure you know how to look for a job. This will include what to say when you talk to someone who might hire you, and how to fill out a job application. Your counselor can set up extra job search help if you need it.

Your counselor will also talk with you after you are working to be sure everything is going the way you want it to. If you and your counselor decide you need extra help to keep your job, we can set that up.

## **Assistive Technology**

Sometimes there is equipment that can make it easier to do a job or to get the training you need. Other times a change in how a job is done may be a good idea. Talk to your counselor about what could work for you.

## **What will it Cost?**

There is no charge for counseling or job placement services. If you need other services that have a cost, your counselor will know about ways to pay for them. RS can also pay for some services.

If you can afford to pay for part of the cost of some services, you will be asked to do so. You will not be asked to pay if you get MFIP, SSI, or GA. You will be asked to pay for some things if your income is in the top half of income for people living in Minnesota. Then there is a sliding scale based on your income and family size. You will need to show your counselor proof of your income. This may be your income tax form, a pay stub, or a copy of a check.

## **How do I find out more?**

**Contact Rehabilitation Services – Blaine Office – 763-785-3360**

# SECTION 504 OF THE REHABILITATION ACT

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

## Definition of Section 504

Section 504 of the Rehabilitation Act of 1973 requires that federal fund recipients make their programs and activities accessible to all individuals with disabilities.

**Section 504** states “No qualified handicapped person shall, on the basis of handicap, be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination under any program or activity which receives or benefits from Federal financial assistance.” [34 C.F.R. 104.4(a)]

## Who is covered by Section 504?

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

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

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

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

## Determining student eligibility under Section 504

### Identification & Referral

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

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

## **Evaluation**

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

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

## **Individual Accommodation Plan (IAP)**

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

# SPECIAL EDUCATION / TRANSITION SERVICES

All school districts in Minnesota provide special education and related services to students with disabilities from birth through age 21. School districts must also address the student’s transition needs as determined by the State and Federal laws and guidelines. The following questions will provide some definitions of these terms. For more specific information concerning school related services contact the Special Education Director or Special Education teacher for your school district.

**What does the term *related services* mean?**

The term *related services* means transportation, developmental, corrective and supportive services as required that assist the student with a disability to benefit from special education.

**Who is eligible for special education and related services?**

Students between the ages of birth through 21 who have a disability are eligible for special education services. The Child Study Team will conduct an assessment of the student when a disability is suspected. The team must document that the student has a disability as defined by the Minnesota Department of Education guidelines and that the student is in need of special education and related services.

**What does the term *transition services* mean?**

The term *transition services* means a set of activities or goals planned within the IEP process that enables that student to move from school to work following the completion of graduation requirements or as determined by the IEP team. Transition Services may include additional schooling, vocational training, employment services, independent living, or community activities. This planning process is based on the student’s individual needs, preferences and interests. This process involves the student, parent/guardian, school staff and a county case manager if the student qualifies for this service.

**When should the student’s individual education planning team address a student’s transition strengths and needs?**

The Department of Education for the state of Minnesota sets age requirements for *transition services* to begin. Each school district may make a determination within the state guidelines. These services may begin as early as 9th grade or age 14. The IEP plan shall address the pupil’s individual needs for transition services in the following areas: post-secondary education and training, employment, community living, as well as recreation and leisure.

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## ANOKA COUNTY TRANSITION PROGRAMS

**Anoka Hennepin ISD #11**  
Transition Plus . . . . . 763-506-7600  
Bridges . . . . . 763-506-7500

**St. Francis ISD #15**  
Transition #15. . . . . 763-421-8528

**Columbia Heights ISD #13**  
Transition Program . . . . . 763-528-4523

**Spring Lake Park ISD #16**  
Life Skills Transition Program . . . . 763-795-5125

**Fridley ISD#14**  
Fridley Transition Program . . . . 763-502-6892

**Centennial ISD #12**  
Journey Transition Program . . . . . 763-717-1410

# **STAR Program**

## **(System of Technology to Achieve Results)**

### **STAR Program**

50 Sherburne Ave., Room 309  
Saint Paul, MN 55155

Phone: 651-201-2640 or Toll Free: 1-888-234-1267  
MN Relay at 711 or toll free 1-800-627-3529

Website: [www.state.mn.us/ebranch/admin/assistivetechology/index.htm](http://www.state.mn.us/ebranch/admin/assistivetechology/index.htm)

### **About the MN STAR program:**

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

What is Assistive Technology (AT):

### **IDEA defines an assistive technology device as:**

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

### **How STAR can help you:**

#### **Funding Directory:**

Browse their Funding Directory database for your AT funding needs

#### **Alternative Financing Programs:**

Learn about two new financing programs to help you obtain your AT.

#### **Events:**

A listing of national and statewide AT-related events.

#### **Device Exchange:**

Find or sell previously owned devices

#### **Regional Assistance:**

Who to contact in your area about your AT needs.

#### **Newsletter:**

Read the latest news from STAR

#### **Advisory Council:**

STAR's Advisory Council information

#### **Minnesota's Assistive Technology Plan**

If you have questions for STAR staff or would like to be placed on the STAR mailing list, please contact the above phone number or email at: [star.program@state.mn](mailto:star.program@state.mn).

# SUPPLEMENTAL SECURITY INCOME (SSI)

1-800-772-1213 Voice

1-800-325-0778 TTY

[www.ssa.gov](http://www.ssa.gov)

## What is SSI?

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

- **Elderly** means you are 65 or older.
- **Blind** means you are either totally blind or have very poor eyesight. Children, as well as adults, can get benefits because of blindness.
- A **disability** means you have a physical or mental problem that is expected to last at least a year or result in death. Children, as well as adults, can get benefits because of a disability.

## How Much Can You Get From SSI?

The basic monthly SSI check is the same in all states. For 2006 it is,

- \$603 for one person
- \$904 for a couple

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

## Things You Own and Income You Have

To get SSI, the things you own and income you have must be below certain amounts.

### *Things You Own*

We don't count everything you own when deciding if you can get SSI. For example, we don't count your home and some of your personal belongings. Usually, we don't count your car. We **do count** cash, bank accounts, stocks and bonds. You may be able to get SSI if the things we count are no more than:

- \$2,000 for one person
- \$3,000 for a couple

### *Income you have*

Income you have is the money you have coming in, such as earnings, Social Security checks, and pensions. Non-cash items you receive such as food, clothing, or shelter also count as income. The amount of income you can have each month and still get SSI depends on where you live. In some states you can have more income than in others.

If you don't work, you may be able to get SSI if your monthly income is less than:

- \$623 for one person
- \$924 for a couple

If you work, you can have more income each month. If all of your income is from working, you may be able to get SSI if you make less than:

- \$1,291 a month for one person
- \$1,893 a month for a couple

However, if you're applying for SSI disability benefits and are earning more than \$860 a month, you probably won't be eligible for benefits. Remember: We don't count all your income so you may be able to get SSI even if you have more income, especially if you live in a state that adds money to the SSI checks.

### **Where You Live**

To get SSI checks, you must live in the United States as a United States citizen or other legal resident.

### **How to Sign Up for SSI?**

Just call our **toll-free number 1-800-772-1213** to set up an appointment with a Social Security representative who will help you sign up. You can speak to a service representative between the hours of 7am and 7pm on business days. People who are deaf or hard of hearing may call our toll-free **"TTY" number, 1-800-325-0778**, between 7am and 7pm on business days.

### **Anoka County SSI Coordinator**

The SSI Coordinator provides information regarding Social Security and Supplemental Security Income (SSI) and assistance in completing an initial application, completing ongoing eligibility reviews and questions regarding the appeal process. To contact the Anoka County SSI Coordinator, call 763-422-6941.

# **TRANSITION INDIVIDUAL EDUCATION PLAN (IEP)**

**Minnesota Department of Education**

**1500 Highway 36 West**

**Roseville, MN 55113-4266**

**Phone: 651-582-8200**

**[education.state.mn.us](http://education.state.mn.us)**

## ***Transition Legislation in Minnesota***

*By age 14 or grade 9, the IEP shall address the student's needs for transition from secondary services to post-secondary education and training, employment, community participation, recreation and leisure and home living.*

*MS 120.17 Subd. 3a (1)*

**The following outline may assist families in the IEP process and the development of the student IEP.**

### **Parent/Student Notification**

Transition planning will be discussed at a student's IEP meeting. The student and person(s) who support him/her are invited to attend.

The IEP team may include the following people: special education case manager, administrator or designee, parent(s), guardian(s), student, mainstream classroom teachers, as well as, specialists in the areas of physical impairments, visual impairments, hearing impairments, speech clinician, work coordinator, physical therapist, occupational therapist, county social worker, and rehabilitation services counselor.

### **Assessment**

Transition planning should begin by age 14 or 9th grade. An assessment of skills and interests in the five transition areas must be completed. The five areas include:

- Jobs and Job Training
- Recreation and Leisure
- Home Living
- Community Participation
- Post Secondary Training and Learning Opportunities

A strategy that has been used by many special educators is to begin assessing a student's skills and interests regarding transition at the three-year reassessment. This occurs prior to the student turning age fourteen.

Assessment tools should clearly assess a student's skills and describe strengths and weaknesses in a way that makes sense to the student and family. Assessment tools should be selected that document a student's interests and perceptions of their skills.

### **Future Outcomes/Adult Goals:**

The first area to be considered in a transition plan is a future goal in each transition area. These goals can change and become more refined as a student has more experiences and gets closer to graduation. These are a student's goals for life after high school. There is no required format for the way future goals are written or rules about the number of pages that are to be used.

## **Present Level of Performance**

This section of the IEP should include the present level of performance in each of the areas of transition (community participation, recreation and leisure, post-secondary training and learning opportunities, employment and home living).

## **Transition Needs**

This section on the IEP includes specific transition needs of the student, which the team recognizes as important for the student to accomplish to meet their future goals.

Needs for the transition page can be written in one of three ways:

- State the need.
- Determine if there is no need, and state the reason.
- Establish a need, which will be addressed at a later time. Give an explanation.

## **Transition Services/Activities**

This section of the IEP should identify instructional services, related services, and interagency responsibilities and any linkages to address transition from secondary services to post-secondary in all areas of transition. It should also include those person(s) who will be accountable for each of the activities.

## **Annual Goals**

In this section a student and his/her team considers the *Present Level of Performance* and the student's needs. The team then prioritizes what is needed in order to establish annual goals.

## **Instructional Objectives**

*Instructional objectives* are measurable steps toward meeting annual goals.

A student's transition plan can include annual goals and objectives in all of the usual IEP areas including: academic, sensory, behavior, functional, communication, etc.

## **Primary Disability Abbreviations**

The following are abbreviations you may see on the IEP:

EBD . . . . . Emotional/Behavioral Disability	PI . . . . . Physically Impaired
ECSE . . . Early Childhood Special Education	SLD . . . . . Specific Learning Disability
DHH . . . . . Deaf /Hard of Hearing	Sp/L . . . . . Speech/Language Impaired
DCD . Development and Cognitive Disability	TBI . . . . . Traumatic Brain Injury
MSI . . . Mentally Impaired: Moderate-Severe	VI . . . . . Visually Impaired
OHD . . . . . Other Health Disabilities	ASD . . . . . Autism Spectrum Disorder

## **For more information**

Contact Jayne Spain, Transition Specialist, Minnesota Department of Education at (651) 582-8515 or e-mail her at [jayne.spain@state.mn.us](mailto:jayne.spain@state.mn.us)

# TRAUMATIC BRAIN INJURY (TBI) WAIVER

## What is the TBI Waiver?

The Traumatic Brain Injury (TBI) Waiver provides funding for home and community-based services (HCBS) for children and adults who have an acquired or traumatic brain injury. TBI Waiver services may be provided in a person's own home, in his/her biological or adoptive family's home, in a relative's home (e.g. sibling, aunt, grandparent etc.), in a family foster care home, in a corporate foster care home, in a board and lodging facility or in an assisted living facility. If married, a person may receive TBI Waiver services while living at home with his or her spouse.

## What are the eligibility requirements?

- Be under age 65 when the waiver is opened
- Be certified as disabled by Social Security for the State Medical Review Team (SMRT) process
- Be a Medical Assistant recipient or be eligible for Medical Assistance (MA)
- Be determined to need the level of care available in a nursing facility or neurobehavioral hospital
- Choose services in the community instead of services in a nursing facility or neurobehavioral hospital
- Have a documented diagnosis of traumatic or acquired brain injury or an acquired or degenerative disease diagnosis where cognitive impairment is present, provided the diagnosis is not congenital
- Experience significant/severe behavioral or cognitive problems related to the injury
- Be assessed at Level IV or above on the Rancho Los Amigos Levels of Cognitive Functioning Scale

## What services are available through the TBI Waiver?

- Adult day care services
- Behavior programming by professionals
- Chore services
- Extended cognitive rehabilitation therapy
- Extended home health therapies
- Extended supplies and equipment
- Family counseling & training
- Home delivered meals
- Independent living skills & independent living therapies
- modifications to home or vehicle
- prevocational services
- Respite care
- Supported employment services
- Assisted living services
- Case management and case aide services
- Companion Services
- Extended home health aide & nursing services
- Extended personal case assistant services
- Extended transportation services
- Foster Care
- Homemaker services
- Mental health testing
- night supervision services
- Residential care services
- Structured day program services

## How do I apply?

Contact Anoka County Community Health and Environmental Services – Public Health Nursing Intake at 763-422-6970.

# GUIDE TO VOCATIONAL PROGRAMS AND DT&H SERVICES

There are many different types of vocational (work) and Day Training and Habilitation (DT&H) services available to people with developmental disabilities. These services offer a range of opportunities as determined by the abilities, and interests of the consumers.

**Competitive Employment:** Regular jobs paying competitive wages, in community based work settings with non-disabled people. The jobs can be part-time or full-time supported with program services or natural supports.

**Supported Employment:** A model of competitive employment that offers individualized job placement, job-site training, and follow-up services for the employee/worker by a professional job counselor/coach. Follow-up services may be short or long term.

**Enclave:** A group of people with disabilities performing work in a regular place of business. The work is done within the business setting. Full supervision is provided by a service agency. Salaries may be either commensurate wages or piece-rate wages.

**Transitional Job Training/Work Experience:** A relatively short-term program designed to provide the vocational experiences necessary to help an individual obtain future employment. Also known as school-based employment.

**Center Based Program:** A self-contained setting that could provide a vocational emphasis, therapy emphasis, or a combination of both. Salaries are piece-rate wages when vocational training is contracted work.

# ANOKA COUNTY VOCATIONAL PROVIDERS

**Achieve Services, Inc.** (DT&H and Supported Employment)  
1201 89th Ave. NE, Suite 105  
Blaine, MN 55434  
Phone: (763) 783-7842 FAX: (763) 783-4725  
www.achieveservicesinc.org

**Life by Design, Inc.** (Supported Employment)  
7866 University Ave. NE  
Fridley, MN 55432  
Phone: (763) 757-3263 FAX: (763) 757-3238  
www.lifebydesign-inc.com

**Metrotech Industries** (DT&H)  
8010 University Ave.  
Fridley, MN 55432  
Phone: (763) 785-5682 FAX: (763) 785-5638

**Opportunity Partners** (DT&H and Supported Employment)  
5531 Coon Rapids Blvd.  
Coon Rapids, MN 55433  
Phone: (763) 792-4581 FAX: (763) 717-2961  
www.opportunitypartners.org

**Opportunity Services** (DT&H and Supported Employment)  
*Community Living Program*  
*Community Work Program*  
*Behavioral Services*  
2381 Coon Rapids Blvd.  
Coon Rapids, MN 55443  
Phone: (763) 755-7866 FAX: (763) 755-7378

**Rise, Inc.** (DT&H and Supported Employment)  
*Community-Based Training and Employment Services*  
*Internal Employment Program*  
8406 Sunset Road NE  
Spring Lake Park, MN 55432  
Phone: (763) 786-8334 FAX: (763) 786-0008

*Community Integration Program (CIP) – Coon Rapids*  
1156 114th Lane NW  
Coon Rapids, MN 55438  
Phone: (763) 784-0900 FAX: (763) 784-8666

*Community Integration Program (CIP) – Anoka*  
1130 Lund Blvd.  
Anoka, MN 55303  
Phone: (763) 421-0075 FAX: (763) 421-0269  
www.rise.org

## ADDITIONAL RESOURCES – BRAIN INJURY

### PDFs of Interests

- *Employment after Traumatic Brain Injury* –  
Living with Brain Injury  
<http://www.adap.net/tbi/employment.pdf>
- *Guide for Employers*  
<http://mayoresearch.mayo.edu/mayo/research/tbims/upload/mc1298.pdf>
- *Minnesota Brain Injury Resource Directory*  
For survivors, families, and professionals  
345 E. Superior Street, Chicago, IL 60611, Phone: 312-238-5433  
Website: <http://lifecenter.ric.org/>
- *Minnesota Housing Resources – PACER Center* –  
Housing options for persons with disabilities  
<http://www.pacer.org/links/minnesota/housing.htm>
- *The Student with a Brain Injury: Achieving Goals for Higher Education*  
[www.ncset.hawaii.edu/institutes/mar2004/papers/pdf/Mathis\\_revised.pdf](http://www.ncset.hawaii.edu/institutes/mar2004/papers/pdf/Mathis_revised.pdf)
- *Strategies for Obtaining Rehabilitation Services for Children and Youth with TBI*  
[www.ncddr.org/du/products/icyguide/facts.html](http://www.ncddr.org/du/products/icyguide/facts.html)
- *Understanding Brain Injury. Guide for Families*  
<http://mayoresearch.mayo.edu/mayo/research/tbims/families.cfm>

### Selected Articles of Interest

- Going the Distance: Pursuing Post-Secondary Education After a Traumatic Brain Injury  
Sherwin, Elisabeth, Frey, William; Brain Source
- Meeting the Transition and Post-secondary Needs of Students with Traumatic Brain Injury,  
Krakowski, Theesa, The George Washington University, 1993 (#1).
- Transition Services for Students with TBI: Building a Bridge Between Adolescence and Young Adulthood, Brain Source

### Brain Injury Association of America

(703) 761-0750, Family Helpline, (800) 444-6443  
[www.biausa.org](http://www.biausa.org)

### Brain Injury Information Network

[www.tbinet.org](http://www.tbinet.org)

### American Trauma Association

(800) 556-7890  
[www.amtrauma.org](http://www.amtrauma.org)