



Need Disability Services?

Looking for disability services but don't know where to start? Are you overwhelmed? Are you struggling with knowing what your options are?

Minnesota Disability Support Alternatives
Building Resources Improving Dignity Guiding Empowerment

MNDSA B.R.I.D.G.E. Program

This program is funded by HCBS Connectors grant from MN DHS.



Step 1: Contact the county

The first step is calling your county human services. Ask for the disability division.

You will ask for a MNChoices Assessment. This assessment will see what programs and services you qualify for. By asking for a MNChoices assessment you have asserted your right to receive the assessment.

To receive most services you will also need to be on straight MA. During your initial contact with the county when you ask for a MNChoices, ask for the process to get onto Medical Assistance. This will start the process called SMRT. This process will determine if you can be deemed disabled by the State of Minnesota if you are not already deemed disabled by Social Security.

Step 2: MNChoices Assessment

A MNChoices assessment is the tool the county uses to determine the level of support a person needs. This level of support determines what programs the person is eligible for.

Once you have contacted the county and a MNChoices assessment set up it is time to prepare for the assessment. It is critical to spend time preparing for this assessment. Utilize a notebook or another tool to gather thoughts.

Start with looking at the support needed for bathing, dressing, grooming, eating, mobility, and transfers. Think of ways that you have adapted to make these things possible. It is easy to say help is not needed in one area but focus on what is considered typical and what adaptations are being done even if not on purpose.

For adults move on to things like shopping, transportation, money management, house making. Are there any mental health needs? Any behaviors? Any sensory needs? Any safety concerns?

Step 3: Services Available

Below is a list of services and a brief description. Note that not everyone is eligible for the same services.

Family Support Grant:

This grant supplies families of children with disabilities with a cash grant to be utilized to prevent or delay the out-of-home placement of children and promote family health and social well being by facilitating access to family-centered services and supports.

Essential Community Supports:

This program is geared toward those who need support to continue to living in the community but do not meet eligibility rules for programs available to people who need the level of care provided in a nursing home.

CFSS:

This program has two options. They are agency model and budget model. For more information on CFSS scan the QR code below.

Waivers:

There are multiple types of waivers that a person could qualify for based on their needs or diagnoses. Waivers have two options Traditional Waivered Services or Consumer Directed Community Supports (CDCS). For more information about waivers scan the QR code below.

