



## Minnesota

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Financial Resources

Disability Minnesota: Disability Minnesota is a website created through the collaboration of multiple state agencies. It provides a single entry point to over 100 Minnesota state agency programs, products, and services that are devoted to the range of disability issues. They also provide access to laws, statutes, and regulations in pertinent disability-related areas. <https://mn.gov/disability-mn/>

Hennepin County Minnesota: Their services help people with disabilities live in their communities as independently as possible. Starting with disability screenings and information sessions on community resources and county, state and federal programs, Hennepin County can then help with short-term service planning and ongoing case management. They can also help people with disabilities and their families to apply for public benefits and get access to tools to help them live independently or get the help they need. <http://www.hennepin.us/>

Pacer Center: The Pacer Center is dedicated to helping children with disabilities reach their full potential. Their resources include workshops, childhood programs, health and behavioral programs, grandparent programs, bullying prevention information and programs, and more. <http://www.pacer.org/>



Partners in Community Support: PICS takes the worry and stress out of the legal and financial aspects of payroll and self-directed care. They help with processing payroll, processing pay expenses and reimbursements, handling reporting and taxes, and more.

<http://www.lssmn.org/pics/>

Resource List of Minnesota Disability Organizations: This list holds more than 30 different organizations, descriptions included, ranging from housing to finances to independent living. State and national resources located in Minnesota are included.

<https://www.pacer.org/parent/php/PHP-c36.pdf>

## **Autism Related Resources**

Autism Society of Minnesota: AuSM is a non-profit organization committed to education, advocacy and support designed to enhance the lives of those affected by autism from birth through retirement. They offer membership, counseling and consulting, education, training, classes, summer programs, and more. <http://www.ausm.org/index.php>

## **Employment**

Career Opportunities for Students with Disabilities: COSD assists college students and recent graduates with the skills necessary to secure a desired career. They hold courses and information sessions, and help students to plan for their working future.

<http://www.cosdonline.org/home>

Opportunity Partners: Opportunity Partners is a Minnesota nonprofit organization that works alongside people with disabilities to provide job training, employment and residential support for people to live more independently, succeed on the job and lead lives filled with purpose and meaning. They offer educational services, training, residential services, business services, and more. <http://opportunities.org/>

Midwest Special Services: MSS offers vocational and education training to help people with disabilities lead full working lives. They have day training, vocational services, autism services, and more. <http://www.mwsservices.org/>

Scholarship for Disabled People-The Courage Center: The program is intended to assist people who have a sensory impairment or physical disability who want to pursue educational goals or gain technical expertise beyond high school.

<https://www.allinahealth.org/Courage-KennyRehabilitation-Institute/Programs-and-services/Scholarship-for-people-with-disabilities/>



## Exercise and Outdoors

Capable Partners: This organization strives to offer the great outdoors to everyone, including those with disabilities. They lead programs and activities for those with disabilities to experience fishing, hunting, and related opportunities. They lead accessible, low/no cost trips for everyone, including those in wheelchairs or with other assistive technologies. <http://www.capablepartners.org/>

Confidence Learning Center: The Confidence Learning Center, otherwise known as Camp Confidence, is an outdoor center for persons with developmental and cognitive disabilities. The programs at Camp Confidence are aimed at promoting self-confidence and self-esteem, and the necessary skills to become full, contributing members of society. The campers achieve this through active "hands-on", activities and participation in a variety of outdoor experiences.

<http://www.campconfidence.com/page/show/1730600-home>

True Friends Camp Eden Wood: With more than six camp locations throughout Minnesota, True Friends provides life changing respite and camp opportunities for children, families, and caregivers with disabilities. Classic camp sessions provide the experience of camp for children and teens, whilst offering their families and caregivers a chance for respite. They also offer "weekends away" for children and teens. Siblings and friends are welcome too! <http://truefriends.org/>

Special Olympics Minnesota: Special Olympics Minnesota offers children and adults with intellectual disabilities year-round sports training and competition. Alongside their teams and athletic competitions, they hold numerous annual events including the polar plunge, a dance marathon, a 5k, a truck convoy, and many more.

<http://specialolympicsminnesota.org>

We Can Ride: We can ride is a non-profit, PATH accredited therapeutic equestrian center that provides riding to those with disabilities. They offer therapeutic riding, hippotherapy, equine facilitated psychotherapy, and multiple events every year. <http://wecanride.org/>



## Housing

Access North: Access North is the center for independent living the counties of northern Minnesota. Their services include training and information, independent living skills trainings, advocacy, group support, and more. They also hold social events and newsletters. <http://www.accessnorth.net/>

Disability Resource, Inc.: Disability Resource, Inc. is a mental health certified, Home and Community Based Service provider that offers individuals with options for supported living services that allow them to live in their homes as independently as possible. These services include respite services, mental health care, in-home support, and more. <http://www.disabilityresourceinc.com/>

Southern Minnesota Center for Independent Living: SEMCIL is dedicated to helping the elderly and disabled maintain their independent living status. They can help with living, disability, personal and health care, as well as offering additional programs and services. They have community classes and gatherings, and offer help to those seeking employment. <https://www.semcil.org/>

Southwestern Center for Independent Living: SWCIL is dedicated to helping the elderly and disabled maintain their independent living status. They can help with living, disability, personal and health care, as well as offering additional programs and services. They have community classes and gatherings, and offer help to those seeking employment. <http://www.swcil.com/wordpress/>

## Miscellaneous

Advocating Change Together: ACT is Minnesota's leader in the self-advocacy movement. We support people with disabilities to know their rights and work together for change in their lives and in their communities. They train self-advocate leaders through hands-on participatory workshops and community action projects. <http://selfadvocacy.org/>

Helping Paws: Helping Paws is a leading nonprofit organization that breeds, trains, and places assistance dogs with people who have physical disabilities. <https://helpingpaws.org/>

Statewide Advocacy Skills and Leadership Training: Training people with disabilities, caretakers, and families to be effective advocates. <http://mn.gov/mnddc/pipm/>