North Dakota

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.

Caregivers

Family Care Navigator: The Family Care Navigator helps family caregivers locate public, nonprofit, and private programs and services nearest their loved one—living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease-specific organizations, and more. https://www.caregiver.org/family-care-navigator

Family Caregiver Support Program: The federally funded Family Caregiver Support Program provides a system of support services to help informal (unpaid) caregivers of older adults and grandparent/relative caregivers who are caring for children. https://www.nd.gov/dhs/info/pubs/docs/aging/brochure-family-caregiver-support-program.pdf

Kinship ND: This website provides resources, information, and support for parents and kinship caregivers. Find information and links on topics such as: licensed childcare providers, post adoption services, parent/caregiver education programs, parent/caregiver support links, positive discipline, setting boundaries, social media, stages of child development, and more. https://kinshipnd.com/

Lifespan Respite Care Grant Service: The purpose of the Lifespan Respite Care Grant Service is to offer the funding and resources to support caregivers of children with special needs or of adults who have an urgent need for respite care in the absence of any other public funding sources. https://www.nd.gov/dhs/services/adultsaging/respite.html

Employment

Apprenticeship Program: Registered Apprenticeship is a structured training program combining paid on-the-job training with related technical instruction in a highly skilled occupation. It is used for both non-union and union career opportunities. https://www.jobsnd.com/job-seeker/apprenticeships

New Jobs Training Program: This North Dakota program offers incentives to primary sector businesses that are creating new full-time employment opportunities through business expansion, creation and/or relocation to the state. Funding is provided to help offset the cost of training new employees. https://www.jobsnd.com/employer-resources/north-dakota-new-jobs-training-program

Job Opportunities and Basic Skills: The Job Opportunities and Basic Skills (JOBS) Program is a companion program that focuses on work-readiness, training and job placement services. https://www.nd.gov/dhs/services/financialhelp/tanfjobs.html

Senior Community Service Employment Program: The Senior Community Service Employment Program (SCSEP) is a special program for unemployed low-income persons age 55 or older who have poor employment prospects. SCSEP participants get annual physical examinations, personal and job-related counseling, and job training when needed. https://www.jobsnd.com/job-seeker/resources-assistance

Financial Resources

Basic Care Assistance Program: BCAP helps aged, blind, or disabled people who need services in a licensed basic care facility to pay for their care. https://www.nd.gov/dhs/services/financialhelp/basiccare.html

Crossroads Program: The Crossroads Program supports teen parents up to age 21 by helping pay a portion of their childcare and transportation costs so they can continue their education. https://www.nd.gov/dhs/services/financialhelp/crossroads.html

Low-Income Home Energy Assistance Program: The Low-Income Home Energy Assistance Program (LIHEAP) helps eligible low-income families with home heating costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. https://www.nd.gov/dhs/services/financialhelp/energyassist.html

Food/Nutrition

Child and Adult Care Food Program: The Child and Adult Care Food Program (CACFP) provides federal funds to nonresidential childcare and adult care facilities to serve nutritious meals and snacks. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/child-adult-care- food-program

Commodity Supplemental Food Program: The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income elderly people at least 60 years of age by supplementing their diets with nutritious USDA Foods. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/commodity-supplemental-food-program

Fresh Fruits and Vegetable Program: The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day at times other than breakfast, lunch, or after school snack. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/fresh-fruits- vegetables-program

School Nutrition Program: The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/school- nutrition-program

Summer Food Service Program: USDA intends to use all available program flexibilities and contingencies to serve our program participants across our nutrition programs. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/summer-food-service-program

Supplemental Nutrition Assistance Program: The Supplemental Nutrition Assistance Program helps low-income North Dakotans meet their nutritional needs. https://www.nd.gov/dhs/services/financialhelp/foodstamps.html

The Emergency Food Assistance Program: The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/emergency-food-assistance-program

Housing

Department of Housing and Urban Development: Homeownership Assistance Resources for North Dakota:
https://www.hud.gov/states/north_dakota/homeownership/buyingprgms

Multi-Family Housing Programs: The USDA subsidizes over 15,000 rural multi-family apartment complexes throughout the 50 states, Puerto Rico, the Virgin Islands, and Guam. Properties are classified as Elderly or Family and provide unit sizes from studio to 4 bedrooms. Find properties for rent in your county at:
https://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select_county.jsp?st=ND&state_name=North%20Dakota&st_cd=38

Single Housing Direct Home Loans: Also known as the Section 502 Direct Loan Program, this program assists low- and very-low-income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability. https://www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/nd

Living with a Disability/Elderly

Client Assistance Program: The Client Assistance Program (CAP) is a federally funded grant designed to assist individuals with disabilities in resolving challenges they may experience with federally funded rehabilitation programs.
http://www.ndpanda.org/cap/

Early Intervention: This program is designed to identify children at risk for diseases in the earliest stages, when the right help can make all the difference.
https://www.nd.gov/dhs/services/disabilities/earlyintervention/

North Dakota Assistive: ND ASSISTIVE connects people of all ages and abilities to assistive technology (AT) devices and services to help them learn in school, work, access the community, and live safely and more independently in the home of their choice.
https://ndassistive.org/

North Dakota Developmental Disabilities Services Brochure:
https://www.nd.gov/dhs/services/disabilities/docs/developmental-disabilities-brochure.pdf

Program of All-Inclusive Care for the Elderly: The Program of All-Inclusive Care for the Elderly (PACE) offers a full range of health care and in-home services to people age 55 and older to stay healthy and independent as long as possible.
https://www.nd.gov/dhs/services/medicalserv/medicaid/pace.html

Service Payments for the Elderly and Disabled Program: The SPED program provides services for people who are older or physically disabled and who have difficulty completing tasks that enable them to live independently at home.
https://www.nd.gov/dhs/services/adultsaging/homecare1.html

Medical/Health Related

Children's Health Insurance Program: CHIP is intended to meet the needs of working families, who cannot afford health insurance coverage for their children, yet earn too much to qualify for Medicaid. http://www.nd.gov/dhs/services/medicalserv/chip/

Children with Special Health Care Needs System Enhancement Program: This program improves health outcomes of children with special health care needs (CSHCN) by advancing a quality, comprehensive system of care that promotes the healthy development and well-being of children and their families. https://www.health.nd.gov/youth/special-health-services/shs-CSHCN

Immunization Program: The North Dakota Immunization Program supplies free vaccines for children who are eligible for the Vaccines for Children (VFC) program, coordinates investigations of vaccine preventable diseases (VPDs), provides education about immunizations and VPDs, monitors the state's immunization coverage rates and maintains and updates the North Dakota Immunization Information System (NDIIS).
https://www.health.nd.gov/immunize

Newborn Screening and Follow-up Program: The goal of this program is to identify conditions at an early age when treatment and intervention can prevent health problems, support early development, and save lives. https://www.health.nd.gov/NBS-Follow-up

Women, Infants, and Children Program: WIC helps eligible pregnant women, new mothers, babies, and young children eat well, learn about nutrition, and stay healthy.
https://www.health.nd.gov/prevention/wic

Women's Way: Women's Way provides a way to pay for most breast and cervical cancer screenings for eligible North Dakota women.
http://www.ndhealth.gov/womensway/

Additional Resources

CARES Act Provider Relief Fund: The Provider Relief Funds supports American families, workers, and the heroic healthcare providers in the battle against the COVID-19 outbreak. https://www.hhs.gov/coronavirus/cares-act-provider-relief-fund/index.html

North Dakota COVID-19 Resources: https://ndresponse.gov/covid-19-resources
Muscular Dystrophy Association (MDA) Care Centers in North Dakota: https://www.mda.org/care/care-center-list?province=ND