



TRANSITION GUIDE FOR STUDENTS WITH PHYSICAL IMPAIRMENTS



2009-2010 Edition

Revised May 2015

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Transition Guide for Students with Physical Impairments

May 1, 2015

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INTRODUCTION

Planning for the future is an essential component of the transition into adulthood. Providing assistance to families of students with physical impairments offers a unique set of questions and issues to consider. Students preparing for transition into adulthood need to address many questions related to financial support, post-secondary training, employment, residential options, transportation and social/recreational opportunities.

This guide was developed to provide resources and assistance to students, their families, and the school staff who support them. Age-specific checklists and general information about resources available in Minnesota have been included. Please note that this is not an exhaustive list. We recognize that each individual will have unique needs. This document provides a starting point for students, families and school teams.

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**TRANSITION GUIDE FOR STUDENTS WITH PHYSICAL
IMPAIRMENTS: LEARNER INFORMATION FORM**

Name: _____ Address: _____

Date of Birth: _____ Parent Names: _____

Phone: _____ Email: _____

Diagnosis: _____ Current Medications: _____

Allergies: _____

Physician's Name: _____ Clinic Name: _____

Address: _____ Phone Number: _____

Contact Information for Personal Equipment: _____

Emergency Contact: _____ Phone Number: _____

Emergency Medical Facility: _____ Contact Number: _____

County of Residence: _____ Social Worker: _____

Address: _____ Phone Number: _____

VRS Counselor: _____ Phone Number: _____

Registered for selective service: Y/N

Possesses social security card: Y/N

State ID or Driver's License (Circle One)

High School Address: _____ Case Manager: _____

Accommodations in the Educational Setting: _____

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TRANSITION PLANNING CHECKLIST: AGE 14-16

(Items listed are suggested, but not required. Additional items may apply.)

- _____ Begin exploration of career and post-secondary goals
- _____ Participate in initial transition assessment
- _____ Participate in IEP/Transition Planning meeting
- _____ Identify leisure/recreational options and participate in community activities.
- _____ Consider the necessity/appropriateness of securing county case management services (Earlier if possible)
- _____ Discuss medical assistance, SSI, and waiver options
- _____ Explore transportation options and identify financial resources for persons with disabilities related to transportation
- _____ Identify agencies who are able to assist with obtaining a driver's license or a State ID card
- _____ Discuss graduation timelines
- _____ Become involved in high school activities
- _____ Identify needs in the area of self-advocacy
- _____ Explore availability of Advanced Placement or Post-Secondary Enrollment Options courses

Notes:

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TRANSITION PLANNING CHECKLIST: AGE 17-18

(Items listed are suggested, but not required. Additional items may apply.)

- _____ Continue to assess healthcare needs and support services
- _____ Continue to assess needs and supports for independent living
- _____ Register to vote (Age 18)
- _____ Register with Selective Services (Males, age 18)
- _____ Continue to learn about rights and responsibilities in developing self-advocacy skills
- _____ Continue to assess transportation needs and training
- _____ Continue to establish social and recreational activities
- _____ Contact Disability Services Coordinator at colleges of interest and make visits to different campuses to determine accessibility to buildings, classrooms, sidewalks, parking, etc.
- _____ Check on campus housing arrangements if needed. May need to get a letter from physician if there is a need for private/single room.
- _____ Identify, select and apply for post-secondary schools or other training programs, if applicable.
- _____ Meet with Financial Aid Office to determine eligibility for different financial aid options due to disability and additional expenses/supports. Apply for scholarships and financial aid
- _____ Continue to assess assistive technology needs for education, home living and employment
- _____ Review/update IEP (Invite community agency personnel to annual meeting)

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- _____ Apply for Vocational Rehabilitation services (VRS, SSB). Discuss accommodations that may be needed on a job site and how to access those accommodations.
- _____ Take college entrance exams (SAT, ACT and Accuplacer when applicable)
- _____ Establish graduation date (18-21)
- _____ Initiate/apply for guardianship/conservatorship if appropriate
- _____ Revise resume, work history, references
- _____ Explore services available through the Workforce Center
- _____ Apply for Medical Assistance if not covered by parental insurance plan
- _____ Apply for county case management. Explore requirements for transition to adult services. Questions to consider:
 1. Is there accessible housing in the community in which I plan to live?
 2. Do I need to get on a waiting list for accessible housing? If so, when should I get on the list?
 3. What agencies provide assessments to help me determine my strengths and needs in the areas of independent living skills?
 4. What agencies provide support services (PCA, housekeeping, transportation) in the area that I plan to live?
 5. What funds are available to my county social services agency to assist with paying for housing, transportation, and other living expenses?
 6. What services can be provided under the Community Alternatives for Disabled Individuals (CADI) Waiver?
 7. What services can be provided under the Community Alternative Care (CAC) Waiver?
 8. Am I eligible for the Consumer Support Grant?
 9. Am I eligible for Group Residential Housing (GRH) funds?

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10. Am I eligible for Minnesota Supplemental Aid?
11. Do I qualify for housing assistance through HUD?
12. What is the difference between SSI and SSDI?
13. How do I apply for Supplemental Security Income (SSI)? When should I apply?
14. Does MN have a Medicaid Home and Community Services Waiver program?
15. What types of nursing services are available?
16. How do I determine the type of nursing services that I need?
17. How do I pay for technology and equipment that I need to live in a house, dorm, or apartment?

Notes:

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TRANSITION PLANNING CHECKLIST: AGE 19-21

(Items listed are suggested, but not required. Additional items may apply.)

- _____ Apply for Medical Assistance if not covered by parental insurance plan
- _____ Participate in transition education classes
- _____ Apply for residential programs/services when student is ready to move to a new living situation. There are often waiting lists for these programs, so it is important to apply as early as possible.
- _____ Actively participate in transition IEP meetings
- _____ Continue to participate in the employment planning process, including supported work environments with your Vocational Rehabilitation Services Counselor
- _____ Continue to assess ongoing needs and supports for independent living
- _____ Continue to learn about the rights and responsibilities in developing self-advocacy skills
- _____ Continue to assess transportation needs and training
- _____ Continue to establish social/recreational activities
- _____ Continue to solidify plans for post-secondary training (See 17/18 checklist for complete list)
- _____ Continue to assess assistive technology needs for education, home living, and employment
- _____ Continue to assess healthcare needs and support services

Notes:

AMERICANS WITH DISABILITIES ACT (ADA)

Overview

The Americans with Disabilities Act (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,

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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

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vehicles must be accessible. In cases of inaccessible fixed route systems, public entities must provide para-transit 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,

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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 and its Titles was provided by the Great Lakes ADA & Accessible IT Center)

SECTION 504 OF THE REHABILITATION ACT

Section 504 of the Rehabilitation Act of 1973 (34 C.F.R. Part 104) is a federal civil rights statute that assures individuals will not be discriminated against based on their disability. All school districts that receive federal funding are responsible for the implementation of this law. This law protects a student with an impairment that substantially limits one or more major life activities, whether the student receives special education services or not.

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Who is covered by Section 504?

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

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

Major life activities: This term means life functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

A student who has a disability but does 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.
- *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.

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- 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 conducted and 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.

504 Accommodation Plan

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

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participate in the 504 team meeting where accommodations for the student are determined. The 504 team develops a written 504 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 plan will be reviewed at least annually.

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) (312) 413-1047 (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 accessibility. They provide technical assistance, education, training, referrals, and materials to individuals and education-based entities that seek information related to IT accessibility.

Audio Conference

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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 in Chicago at the University of Illinois within the Institute on Disability and Human Development, provides a setting for 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

Minnesota, Illinois, 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)

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1640 West Roosevelt Rd, Room 405

Chicago, IL 60608

(800) 949-4232 (V/TTY)

<http://www.adagreatlakes.org>

CADI-WAIVER SERVICES

(Community Alternatives for Disabled Individuals)

<http://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/cadi-waiver.jsp>

<https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-5712-ENG>

About CADI

The Community Alternatives for Disabled Individuals (CADI) Waiver provides funding for home and community-based services for children and adults, who would otherwise require the level of care provided in a nursing facility.

CADI 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.), a family foster care home or corporate foster care home, a board and lodging facility or in an assisted living facility. If married, a person may receive CADI Waiver services while living at home with his or her spouse.

What are the eligibility requirements?

- Be under age 65
- Be certified disabled by Social Security for the State Medical Review Team (SMRT) process
- Be eligible for Medical Assistance (MA)

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- Require the level of care provided in a nursing facility
- Have an assessed need for supports and services over and above those available under other funding sources
- Choose care and services in the community instead of a nursing facility

What services are offered?

The CADI waiver can cover a variety of services in addition to services covered by Medical Assistance.

Services a CADI Waiver may cover include:

- 24 hour emergency assistance
- Adult companion
- Adult day care/Adult day care bath
- Behavioral support services
- Caregiver living expenses
- Case management and case management aide
- Chore
- Consumer directed community supports (CDCS)
- Customized living
- Customized living, 24-hour
- Environmental accessibility adaptations
- Extended home health aide and nursing
- Extended home health therapies
- Extended personal care assistance
- Family training and counseling
- Foster care
- Home delivered meals
- Homemaker

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- Housing access coordination
- Independent living skills (ILS) training
- Prevocational services
- Residential care
- Respite
- Specialized supplies and equipment
- Supported employment services
- Transitional services
- Transportation

How do I apply?

Contact your county resource center for more information.

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

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impairments; and note takers 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.

Not all colleges and universities use the term “Disability Services”, but all institutions of higher education offer supports for students with disabilities.

To access the list of all Minnesota State College and University Disability

Coordinators, go to:

<http://www.cte.mnscu.edu/directories/pdf/disabilitycoordinatorskk1pdf.pdf>

For the U of M, go to: <https://diversity.umn.edu/disability/>

COURAGE KENNY REHABILITATION INSTITUTE

3915 Golden Valley Road

Golden Valley, MN 55422

Phone: (612) 775-2837

Website: <http://www.allinahealth.org/couragekennytrp>

About Transitional Rehabilitation Program

The Transitional Rehabilitation Program (TRP) is high intensity inpatient rehabilitation center. It's a nationally known center of excellence for brain injury, stroke and spinal cord injury rehabilitation. It also serves people with multiple traumatic injuries, and complex orthopedic or neurological conditions.

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The TRP provides a bridge from hospital to home or community settings for people with complex medical conditions. Patients range in age from young adults to older adults. The average stay is 50 to 60 days.

During their stay patients have access to an extensive array of rehabilitation professionals. Ongoing support after discharge is available through the Institute's outpatient therapy programs and a unique array of community services.

Set in the beautiful surroundings of the Courage Kenny Rehabilitation Institute's Golden Valley campus, the TRP provides a positive, supportive environment for healing. In 2013, the TRP earned a five-star rating from the Centers for Medicare and Medicaid Services.

More about inpatient rehabilitation

Courage Kenny Rehabilitation Institute provides cutting edge, advanced rehabilitation technologies at three [metro area locations](#); however, each facility offers unique features and services:

- Abbott Northwestern Hospital features Independence Square. Patients can practice everyday activities to perfect newly learned skills before discharge.
- United Hospital includes a community dining room, family lounge and a horticulture program.
- The Golden Valley location (Transitional Rehabilitation Program) is a skilled nursing facility which can be a bridge between acute hospital care and home or community living for those who may require additional rehabilitation after discharge from acute care.

DRIVERS' ASSESSMENT & TRAINING

What is a Drivers' Assessment/Evaluation?

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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. Students who qualify for services through Vocational Rehabilitation may also access funds through this agency. Talk to your Vocational Rehab counselor for more information.

Who offers a Drivers' Assessment/Evaluation and Training?

Contact your local Dept. of Motor Vehicles (DMV) agency.

EFOLIO MINNESOTA

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Website: 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 anytime from anywhere to change or add content.

HOUSING

**This is general information. Contact your local county resource center for more information.

Subsidized Housing

Section 8 Rent Assistance Program - Rent assistance allows the holder to live in any housing that meets HUD qualifications. The holder of the voucher will pay approximately

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30% of the total household income for housing. Vouchers are applied for through local county agencies.

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

Please contact your local county services agency for further information.

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:** To obtain: www.health.state.mn.us/divs/chs/osr/birth.html
2. **Social Security Card:** To Obtain: <http://ssa.gov>
3. **MN State ID or Driver's License:** For more information, go to www.mndriveinfo.org or your local Dept. of Motor Vehicles.
4. **Medical History and Immunization Records:** To obtain, 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.

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5. **Current IEP and Evaluation Report:** To obtain, contact your school case manager and ask for a copy.

6. **Medical Card (private insurance or MN healthcare program):** To obtain, contact the insurance carrier or employer if private insurance. If it is part of the MN Healthcare program, contact your financial caseworker.

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

<http://mylegalaid.org/about/our-work/disability-law>

What Is The Minnesota Disability Law Center?

The Minnesota Disability Law Center (MDLC) is the designated Protection and Advocacy System (P&A) for Minnesota and addresses the unique legal needs of Minnesotans with disabilities. MDLC provides free civil legal assistance to individuals with disabilities statewide on legal issues related to their disabilities. All individuals with disabilities are eligible to receive help, regardless of age or income level. - See more at: <http://mylegalaid.org/about/our-work/disability-law#sthash.ADnXpPRN.dpuf>

MDLC Programs

MDLC includes all of the following federally-mandated protection and advocacy programs for people with disabilities.

Client Assistance Project (CAP): Advocacy for persons with any disability having problems with agencies funded under the Rehabilitation Act (e.g., Rehabilitation

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Services, State Services for the Blind); funded by the Rehabilitation Services Administration under the federal Rehabilitation Act.

Protection and Advocacy for Beneficiaries of Social Security (PABSS): Advocacy for persons with disabilities who are Social Security beneficiaries (SSI or SSDI) seeking to secure, maintain or regain employment; funded by the Social Security Administration.

Protection and Advocacy for Assistive Technology (PAAT): Advocacy for persons with disabilities having problems with Assistive Technology devices or services; funded by the Rehabilitation Services Administration, under the Technology Related Assistance for Individuals with Disabilities Act.

Protection and Advocacy for Persons with Developmental Disabilities (PADD): Advocacy for persons with developmental disabilities; funded by the Administration on Developmental Disabilities under the Developmental Disabilities Act.

Protection and Advocacy for Individuals with Mental Illness (PAIMI): Advocacy for persons with mental illness, with service priority for persons residing in care or treatment facilities; funded by the Center for Mental Health Services.

Protection and Advocacy for Individual Rights (PAIR): Advocacy for persons with disabilities not covered by other P&A programs; funded by the Rehabilitation Services Administration under the federal Rehabilitation Act.

Protection and Advocacy for Traumatic Brain Injury (TBI): Advocacy for persons with traumatic brain injury; funded by the Department of Health and Human Services.

Protection and Advocacy for Voting Access (PAVA): Voting-related advocacy and outreach under the Help America Vote Act, funded by the Administration on

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Developmental Disabilities. See more at: <http://mylegalaid.org/news/article/2014-statement-Of-priorities-and-objectives#sthash.ECtCCrXw.dpuf>

MINNESOTA HEALTH CARE PROGRAMS

(651) 297-3862 -Twin Cities Metro Area

800-657-3672- Out state

TTY: 800-627-3529 or 711

http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_136855

The Minnesota Department of Human Services ensures basic health care coverage for low-income Minnesotans through five major publicly subsidized health care assistance programs.

What health care programs are available?

- Minnesota offers five primary health care programs that may help your family pay for medical costs.
- Medical Assistance (MA) 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.
- Minnesota Family Planning Program
- Home and community-based waiver programs
- Medicare Savings Programs

What program options are available for a child with a disability?

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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 your local county resource center.

MINNESOTA WORKFORCE CENTER

<http://www.indeed.com/jobs?q=Deed&l=MN>

<https://minnesotaworks.net/>

Mission

To provide accessible services to meet the employment and training needs of every member of the community. Local workforce centers can be found through the website listed above.

Each local workforce center houses a resource area that operates similar to a public library.

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The workforce center provides 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

MINNESOTA ASSOCIATION OF CENTERS FOR INDEPENDENT LIVING

<http://www.macil.org/>

There are 8 locations in Minnesota.

The Minnesota Association of Centers for Independent Living (MACIL) is a non-profit organization whose purpose is to advocate for the independent living needs of people with disabilities who are citizens of the State of Minnesota, to develop new resources, identify and provide access to existing resources which provide the services needed by persons with disabilities so that they may live independently in the situation and community of their choice.

This web site is dedicated to providing information about independent living services provided by Minnesota's eight Centers for Independent Living (CILs), and links to disability related information around the world.

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

Web Site: <http://www.pacer.org/>

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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.

What is PACER Center?

PACER Center is a parent training and information center for families of children and youth with all disabilities from birth to young adults. Located in Minneapolis, it serves families across the nation, as well as those in Minnesota. Parents can find publications, workshops, and other resources to help with decisions about education, vocational training, employment, and other services for their children with disabilities. PACER's National Bullying Prevention Center provides resources designed to benefit all students, including those with disabilities.

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Simon Technology Center: The Simon Technology Center provides a variety of core services to help children, families, and professionals, including technology consultation, a lending library, individualized training sessions, workshops, and more.

PACER publishes three free newsletters, including the Pacesetter. For a full listing of PACER's many programs, publications, trainings, and services, refer to their website listed above.

PERSONAL CARE ASSISTANT (PCA) SERVICES

Overview

Personal care assistants provide 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.

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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:

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

How to get PCA services

Contact your local county resource center. Request an initial assessment for PCA services. A Nurse will contact you to arrange the initial assessment.

PUBLIC TRANSPORTATION OPTIONS

Contact your local county resource center for information about public transportation available in your area or go to:

<http://www.apta.com/resources/links/unitedstates/Pages/MinnesotaTransitLinks.aspx#a>

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Reduced ADA Fares

People with disabilities may qualify for reduced passenger tolls on any route. Those who also require attendant care while traveling must obtain an endorsement to allow their attendant to travel free as a passenger.

RECREATION/ LEISURE RESOURCES

Community Education

Local departments offer a variety of educational and recreational opportunities in an inclusive setting. Contact your local community education programs.

Adapted aquatics

Check with your school, community education program or the local YMCA for adapted swimming programs. In the metro area of Minneapolis and St. Paul programs contact:

- Community Bridge, (651) 748-7430
- Regions Hospital Pool, (651) 254.-4797
- Courage Kenny Aquatic Therapy Sites and contact information:
<http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Aquatic-therapy-programs/Locations/>

Courage Kenny Aquatic Programs have warm water therapy pools. They require an initial assessment and then people can buy passes to swim on their own.

- Courage Kenny St. Croix, (651) 241-3820
- Courage Kenny Golden Valley (763) 588-0811
- Courage Kenny Minneapolis Wasie Pool/Abbot Northwestern Hospital, (612) 863-5238
- Courage Kenny Northland/Duluth, (218) 726-4762

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- Shriner's Hospital Pool, (612) 596-6100
They require that swimmers be a Shriner's patient, ie. Be seen by a medical provider who can write an order for therapy

Adapted biking

In the Metro area adapted bikes can be tried at:

- Courage Kenny Golden Valley, (763) 588-0811
- Gillette Children's Specialty Health Care, (651) 291-2848
Gillette patients are offered a Bicycle Resource session to test bikes. The evaluation takes an hour.
- Health Mart Pharmacy in White Bear Lake, (651) 289-4300, rents walkers, scooters and wheelchairs

Vacation/Camps

- **Access Travel Center re Accessible Minnesota**
http://www.accesstravelcenter.com/mn_goloc.html
- **True Friends** is the combination of Courage Center Camps and Friendship Ventures <http://truefriends.org/>
Includes Camp Courage, Camp Friendship, Camp Eden Wood, Camp Courage North and Camp New Hope. True Friends provides camp and respite experiences to children and adults with a variety of disabilities along with their family and friends.
- **EXITE** (EXploring Interests in Technology and Engineering) Camp
<http://www.pacer.org/stc/exite/>
- **Wilderness Inquiry**
808-14th Ave. S.E. Minneapolis, MN 55414
(612) 676-9400, <https://www.wildernessinquiry.org/>

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- **Open the Outdoors**

500 Lafayette Rd. St. Paul, MN 55155

651.2966157 or 888-646-6367

Accessible outdoor recreational opportunities in Minnesota

http://dnr.state.mn.us/accessible_outdoors/index.html

- **Minnesota YMCA Summer Camps**

(612) 230-9622, YMCA Customer Service

<http://www.ymcatwincities.org/camps/>

- **Search Beyond Adventures**

4603 Bloomington Ave., Mpls. MN 55407

Provides escorted tours for adults with disabilities

(800) 800-9979, <http://www.searchbeyond.com/>

- **Ventures Travel L.L.C.**

3600 Holly Lane #95 Plymouth, MN 55447

Supervised travel vacations for persons with disabilities

(952) 852-0107, (866) 692-7400, <http://www.venturestravel.org/>

- **Flying Wheels Travel, Inc.**

<http://flyingwheelstravel.com/>

Main Office: (507) 451-5005

For group travel: (612) 381-1622

Flying Wheels Travel, Inc. is a full service travel agency specializing in travel for persons with disabilities since 1970.

Fishing

- **Minnesota's Angling and Aquatic Education Program**

MinnAqua Program Contacts:

(651) 296-6157 or (888) 646-6367 (DNR Central Office)

<http://www.dnr.state.mn.us/minnaqua/index.html>

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- **Fishing Has No Boundaries (FHNB) For Anglers with Disabilities**

<http://www.fhnbinc.org/>

Paul Bunyan Chapter FHNB

215 Paul Bunyan Dr. N.W., P.O. Box 266, Bemidji, MN 56601

(218) 444-3292, fhng-bemidji@hotmail.com

Brainerd Lakes FHNB

P.O. Box 748, Nisswa, MN 56468, <http://www.brainerdlakesfhnb.org/>

(218) 828-2344

- **Fishing from a pier or shore**

http://www.dnr.state.mn.us/fishing_piers/index.html

- **Neighborhood Fishing Ponds**

<http://www.dnr.state.mn.us/fishing/fin/index.html>

Horseback Riding

<http://www.mnhorsecouncil.org/disabled-riding.php>

Accessible trails

http://www.dnr.state.mn.us/accessible_outdoors/trails/index.html

Maps of each state trail, with further information on facilities and the surrounding area, are available

Phone (651) 296-6157 or (888) 646-6367; TTY (651) 296-5484 or (800) 657-3929

For more general information on Minnesota's state trails, ask for the brochure "DNR Trails and Waterways."

Alpine skiing/snowboarding

- Courage Kenny has programs at some sites. Trollhaugen has both Courage Kenny and individual adapted lessons. Some sites have their own program. Contact each for current information.

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- Afton Alps Courage Kenny: www.allinahealth.org/adaptivesports/
- Buck Hill, Bloomington: <http://www.padraigsplace.org/>
- Giant's Ridge, Biwabik: <http://www.giantsridge.com/adaptive-skiing.html>
- Hyland Hills, Bloomington - Courage Kenny:
www.allinahealth.org/adaptivesports/
- Powder Ridge, Kimball: <http://powderridge.com/learning-the-sport/adaptive-ski-program>
- Spirit Mountain, Duluth Courage Kenny: www.allinahealth.org/adaptivesports/
- Trollhaugen Larry LaBathe email: adaptlessons@frontier.com or call (651) 336-5166, www.allinahealth.org/adaptivesports/
- Welch Village - Courage Kenny: www.allinahealth.org/adaptivesports/
Equipment that is used: Mono-ski with short outriggers, Bi-ski with short outriggers, Bi-ski with fixed outriggers and double tether lines

Hockey

Minnesota PowerHockey League (for power chairs)

<http://www.minnesota.powerhockey.com/>

7216 – 39th Ave. North, Minneapolis, 55427, (763) 535-4736

General email: minnesota@powerhockey.com

Roll With It

<http://rollwithitmn.org/>

Roll With It is dedicated to providing sports training, competition, and recreation in a variety of wheelchair and adapted sports for individuals with physical disabilities.

Located out of Central MN (but has an awesome calendar of activities for around MN)

(320) 266-0744

Hunting

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- **Capable Partners Inc.**
P.O. Box 27664 Golden Valley, MN 55427
<http://capablepartners.org/>, (763) 439-1038
- **The Minnesota Broken Wing**
<http://minnesotabrokenwing.org/index.html>

Sports and Recreation

- **Seasonal sports, recreational classes, teams and activities:**
Courage Center; (763) 520-0504
Duluth Area: (218) 726-4762, www.allinahealth.org/adaptivesports/
- **Highland Friendship Club**
P.O. Box 16437, St. Paul, MN 55116
(651) 698-4096, <http://www.highlandfriendshipclub.org/>

Paralympics

<http://www.paralympic.org/>

Little League Challenger Division

<http://www.littleleague.org/learn/about/divisions/challenger.htm>

For boys and girls with physical and mental disabilities, ages 5-18 or the completion of high school. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players, who can participate in one of three levels: Tee-ball, Coach-Pitch or Player Pitch.

(570) 326-1921 ext. 2254 for Sam Ranck or email: challenger@LittleLeague.org

Scouts of America

- Central Minnesota Council: Helping young people to serve their communities as responsible citizens and honorable leaders <http://www.bsacmc.org/>
- Boy Scouts of America; Northern Star Council: <http://www.northernstarbsa.org/>

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- Girl Scouts of America: Minnesota and Wisconsin Lakes and Pines
- Helping young people to serve their communities as responsible citizens and honorable leaders <http://gslakesandpines.org/>

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.

Minnesota State High School League (763) 560.2262

(651) 324-0420, <http://www.maaaconference.org/g5-bin/client.cgi?G5genie=175>

Special Olympics

<http://resources.specialolympics.org/Regions/north-america/Locations/Special-Olympics-NA-Minnesota.aspx#.Vie-fCviuDk>

(612) 333-0999

YMCA

www.ymcatwincities.org

4-H

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

<http://www.extension.umn.edu/youth/mn4-h/>

Arts

VSA Arts of Minnesota, Hennepin Center for the Arts

Promotes quality, accessible arts experience for people with all types of disabilities

528 Hennepin Ave, Suite 305, Mpls., MN 55403

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(612) 332-3888

1-800-801-3883

<http://vsamn.org/>

Electronic books

<http://onlinebooks.library.upenn.edu/>

<http://www.gutenberg.org/>

Public Libraries

There are many library branches throughout the state:

<http://www.publiclibraries.com/minnesota.htm>

STAR Program (System of Technology to Achieve Results)

358 Centennial Office Building

658 Cedar Street

St. 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

Email: star.program@state.mn.us

Website: www.mn.gov/star

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

SUPPLEMENTAL SECURITY INCOME (SSI)

1-800-772-1213 Voice

1-800-325-0778 TTY

<https://www.socialsecurity.gov/>

<https://search.yahoo.com/yhs/search?p=disabilty+secrets&ei=UTF-8&hspart=mozilla&hsimp=yhs-002>

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 low vision. 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. If you have suffered an injury that has resulted in a disability, you may be eligible for compensation from the Social Security Administration.

The basic monthly SSI check is the same in all states. 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.

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To get SSI, the items you own and income you have must be below certain amounts. The Social Security Administration does not count everything you own when deciding if you can get SSI. For example, they don't count your home, and certain personal belongings are also excluded. Usually, your car is not included. Cash, bank accounts, stocks and bonds are counted.

To get benefits from the Social Security Administration, you must live in the United States as a United States citizen or other legal resident.

How to Sign Up for SSI?

Call 1-800-772-1213 to set up an appointment with a Social Security representative who will help you sign up. People who are deaf or hearing impaired may call the toll-free "TTY" number: 1-800-325-0778. Local offices are also available in your area.

What can I do if I am denied benefits?

Go to the website above to find out more information about assistance that may be available to you.

VOCATIONAL REHABILITATION SERVICES-MINNESOTA DEPARTMENT OF EMPLOYMENT AND ECONOMIC DEVELOPMENT

<http://mn.gov/deed/job-seekers/disabilities/>

What is VRS?

Vocational Rehabilitation Services assists individuals with physical or mental disabilities in becoming employable. Services include diagnostic and evaluation services to help establish eligibility, guidance, counseling, education and training.

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Find your local Vocational Rehabilitation Service (VRS) at:

<http://mn.gov/deed/job-seekers/workforce-centers/workforce-center-locations/>

Who can get Vocational Rehabilitation Services?

Prior to your senior year, contact the vocational rehabilitation (VR) counselor that works with your district. You may be able to access vocational rehabilitation services if you have a disability that makes it hard for you to get a job, to develop work skills, to find and/ or keep a job. In order to qualify for services, your counselor will review reports from your doctor, school, or other outside agencies.

VRS would like to be able to work with all people who have a disability. However, they don't always have enough staff or funds to do so. Services are determined on a case by case basis, and are impacted by Federal funding.

VRS assesses skills these areas:

- Get from one place to another
- Talk and listen to others
- Take care of yourself
- Make and carry out plans
- Get along with others

People who are eligible to receive Supplemental Security Income or Social Security Disability Insurance benefits based on their own disability and have not yet reached full retirement age are automatically eligible, unless they are too severely disabled to benefit from services.

How long will it take?

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A VR counselor will contact you within 60 days following the submission of your application. Therefore, it is very important to get your application in as early as possible as there is often a waiting list.

What can VRS do?

VRS offers many services. You and your counselor will pick the services that meet your needs. Examples are:

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

ADDITIONAL RESOURCES: DISABILITY-SPECIFIC

Amputee

Amputee Coalition of American: <http://www.amputee-coalition.org/>

Arthritis

Arthritis Foundation: <http://www.arthritis.org/>

(651) 644-4108

Asthma

American Lung Association of MN: www.lungmn.org

(651) 227-8014

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Asthma & Allergy Foundation of American: <http://www.aafa.org/>

(800) 727-8462

Ataxia

National Ataxia Foundation: <http://www.ataxia.org/>

(763) 553-0020

Burns

Burn Survivor Resource Center: <http://burnsurvivor.com/>

1-800-669-7700

Cancer

American Cancer Society: <http://www.cancer.org/>

(651) 255-8100

1-800-227-2345

Cancer Information Line (U of M): <http://www.cancer.umn.edu/patient-information/index.htm>

1-888-226-2376

American Childhood Cancer Organization: <http://www.acco.org/>

1-855-858-2226

Leukemia & Lymphoma Society: <http://www.lls.org/>

(612) 259-460

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National Cancer Institute: <http://www.cancer.gov/>

1-800-4-CANCER

Celiac Disease

Celiac Disease Foundation: <https://celiac.org/>

Cerebral Palsy

United Cerebral Palsy (UCP): <http://ucp.org/>

1-800-872-5827/ 202-776-0406

Chemical Dependency

Alcohol & Other Drug Abuse-links: <http://www.thecoolspot.gov/> ,
<http://www.streetdrugs.org/>

Anthony Louis Center: <http://www.anthonylouiscenter.com/>

1000 NE Paul Pk

Blaine, MN

(763) 757-2906

Vinland Center: <http://www.vinlandcenter.org/>

(763) 479-3555

Chronic Fatigue

Solve ME/CFS Initiative (SMCI): <http://solvecfs.org/>

Crohn's Disease

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Crohn's & Colitis Foundation of America: <http://ccfa.org/>

Cystic Fibrosis

Cystic Fibrosis Foundation 1-800-344-4823 (1-800-FIGHTCF): <https://www.cff.org/>

Diabetes

American Diabetes Association/MN: <http://www.diabetes.org/in-my-community/local-offices/minneapolis-minnesota/>

(763) 593-5333

International Diabetes Center, Park Nicollet Clinic: <http://www.parknicollet.com/for-health-professionals/international-diabetes-center>

(952) 993-3393

Juvenile Diabetes Foundation International (JDF): <http://jdrf.org/about/contact-us/>

(800) 533-2873

National Institute of Diabetes, Digestive & Kidney Disease: www.niddk.nih.gov

Eating Disorders (anorexia, bulimia, over-eaters)

Eating Disorder Referral and Information Center: <http://www.edreferral.com/>

National Association of Anorexia Nervosa and Associated Disorders (ANAD):
<http://www.anad.org/>

Helpline: 630-577-1330

General: 630-577-1333

Over-eaters Anonymous: <http://overeatersanonymous.org/>

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(612) 377-1600

Encephalitis

Encephalitis Information Resource: <http://www.encephalitis.info/>

Epilepsy

Epilepsy Foundation of MN: <http://www.epilepsyfoundationmn.org/>

651-287-2300

MINCEP Epilepsy Care (MN Comprehensive Epilepsy Program) Univ of MN Physicians:

<http://www.umphysicians.org/specialties/epilepsy/>

(952) 525-4500

Fibromyalgia

National Fibromyalgia Association: <http://www.fmaware.org/>

National Fibromyalgia Partnership, Inc.: <http://www.fmpartnership.org/>

Heart Conditions/Disease

American Heart Association: <http://www.heart.org/HEARTORG/#>

Hemophilia

Hemophilia Foundation of MN and the Dakotas: <http://www.hfmd.org/>

(651) 406-8655

Hepatitis

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Hepatitis Foundation International (HFI): <http://www.hepfi.org/>

Minnesota Department of Health: <http://www.health.state.mn.us/>

(651) 201-5000

National Foundation for Infectious Diseases (NFID): <http://www.nfid.org/>

HIV/AIDS

Minnesota AIDS Project: <http://www.mnaidsproject.org/>

(612) 373-2437, 1-800-248-2437

Huntington's Disease

Huntington's Disease Society of America: <http://hdsa.org/>

1-800-345-HDSA (4372)

Immune Deficiencies/Dysfunction

Solve Me/CFS Initiative: <http://solvecfs.org/>

Immune Deficiency Foundation, 800-296-4433: <http://primaryimmune.org/>

Kidney Disease

American Kidney Fund: <http://www.kidneyfund.org/>

National Institute of Diabetes, Digestive & Kidney Disease: www.niddk.nih.gov

National Kidney Foundation: www.kidney.org

Lupus

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Lupus Foundation of America- Minnesota Chapter: <http://www.lupus.org/>

(952) 746-5151

Multiple Sclerosis

Multiple Sclerosis Foundation: <http://www.nationalmssociety.org/Chapters/MNM>

Multiple Sclerosis Association of America: <http://www.mymsaa.org/>

National Multiple Sclerosis Society/Midwest:

<http://www.nationalmssociety.org/Chapters/MNM>

(612) 335-7900, 1-800-344-4867

Muscular Dystrophy

Muscular Dystrophy Association in Minnesota: <http://www.mda.org/office/minnesota>

(952) 832-5517 or email: minneapolis@mdausa.org

Neurological Disorders

National Institute of Neurological Disorders & Stroke: <http://www.ninds.nih.gov/>

Osteogenesis Imperfecta

Osteogenesis Imperfecta Foundation, Inc.: <http://www.oif.org/site/PageServer>

(844)-889-7579

Rare Disorders

National Organization for Rare Disorder (NORD): <http://rarediseases.org/>

Toll free: (800) 999-6673 (voicemail only)

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Spina Bifida

Spina Bifida Association: <http://spinabifidaassociation.org/>

1-800-621-3141 x35 or email sbaa@sbaa.org

Gillette Children's Specialty Healthcare – largest Spina Bifida program in five state area:

http://www.gillettechildrens.org/conditions-and-care/spina-bifida/?gclid=CM_G8oToqckCFQ2HaQodJ-gF1A

Spinal Cord Injuries

Christopher and Dana Reeve Paralysis Resource Center:

<http://www.christopherreeve.org/site/pp.aspx?c=mtKZKgMwKwG&b=4451921>

United Spinal Association 1-800-727-6684: <http://www.spinalcord.org/>

Stroke

National Institute of Neurological Disorders & Stroke: <http://www.ninds.nih.gov/>

National Stroke Association: <http://www.stroke.org/>

ADDITIONAL RESOURCES-ORGANIZATIONS

Advocacy and Legal Rights

Minnesota Association for Guardianship and Conservatorship Information on guardianship: <http://www.minnesotaguardianship.org/>

Disability Law Center Serving the unique legal needs of persons with disabilities: <http://mylegalaid.org/about/our-work/disability-law>

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Variety of publications, books and videos on transition issues for parents, youth and professional: <http://www.pacer.org/publications/transition.asp>

American Association for People with Disabilities (AAPD)

<http://www.aapd.com/>

Phone: (800) 840-8844

The largest national nonprofit cross-disability member organization in the United States, dedicated to ensuring economic self-sufficiency and political empowerment for the more than 56 million Americans with disabilities.

American Association on Health and Disability (AAHD)

<http://www.aahd.us/>

Phone: (301) 545-6140

AAHD's mission is to support health promotion and wellness initiatives for people with disabilities at the federal, state and local level, reduce the incidence of secondary conditions in people with disabilities, as well as reduce health disparities between people with disabilities and the general population.

MN Brain Injury Alliance

<http://braininjurymn.org/>

Phone: (612) 378-2742

The Brain Injury Association of MN is a nonprofit organization dedicated to creating a better future through brain injury prevention, research, education and advocacy.

Courage Kenny Rehabilitation Institute

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www.courage.org

Phone: (763) 588-0811

The mission of Courage Kenny, a not-for-profit rehabilitation agency, is to empower people with physical disabilities to reach for their full potential in every aspect of life. Courage Center offers comprehensive rehab services for people with disabilities, specializing in pain management, brain injury, spinal cord injury and congenital disabilities. We also offer accessible fitness centers, aquatic therapy, vocational and community based services, a transitional rehab facility, sports and recreation and camping.

Mapping Your Future

This site has information on planning a career, selecting and paying for school:

<http://mappingyourfuture.org/>

Minnesota State Colleges

<http://www.mnscu.edu/>

Minnesota Private Colleges

<http://www.mnprivatecolleges.com/>

This site has everything a student needs to know about financing for a postsecondary education: <http://www.mheso.state.mn.us/>

Financial Aid for Postsecondary Education

<http://www.finaid.org/>

Employment

<http://mn.gov/deed/job-seekers/workforce-centers/>

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Minnesota Workforce Center (Vocational Rehabilitation) Minnesota Workforce Centers (WFCs) provide the tools, resources and services needed for job search, career planning and training needs.

Career Voyages includes online videos for various careers.

<https://mycareervoyage.wordpress.com/>

Every Kid Mobility

(651) 765-1911

<http://every-kid-mobility-inc.saint-paul.mn.amfibi.directory/us/c/2880839-every-kid-mobility-inc>

Adapted bicycles, personalized crutches and canes

Gillette Children's Specialty Healthcare

<http://www.gillettechildrens.org/search/>

Search: transitions for handouts for transition planning available on this website.

HDS Specialty Vehicles

<http://www.hdsmn.com/>

Phone: (952) 435-8889

HDS Specialty Vehicles is a 33 year old Minnesota Corporation that provides Mobility Solutions for people with unique transportation needs.

Shriners Hospitals for Children Twin Cities

<http://www.shrinershospitalsforchildren.org/Locations/TwinCities/Patients%20and%20Families/Support%20Services>

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Shriners Hospital offers comprehensive care for children with orthopedic conditions, including care coordination and transition services.

Adolescent Health Transition Project

<http://depts.washington.edu/healthtr/>

ADTP is designed to help smooth the transition from pediatric to adult health care for adolescents with special healthcare needs. This site is a resource for information, materials, and links. There are checklists that can be downloaded.

INDEPENDENT LIVING

Helping Paws

www.helpingpaws.org

Helping Paws is a volunteer-based nonprofit organization whose mission is to further the independence of people with physical disabilities (other than blindness or deafness) through the use of service dogs. Founded with the help of the Center to Study the Human-Animal Relationship & Environment at the University of Minnesota, Helping Paws has been a part of the Minnesota community for more than seventeen years.

Can Do Canines

www.can-do-canines.org

Can Do Canines has provided assistance dogs to people with disabilities, free of charge, since 1989. Their fully-trained dogs, often adopted from local animal shelters, are provided to clients with mobility challenges, hearing loss or deafness, seizure disorders, diabetes complicated by hypoglycemia unawareness or children with autism. Can Do Canines is the largest provider of assistance dogs in Minnesota and relies on individual contributions to support its important work.

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Minnesota Association of Centers for Independent Living

Eight Centers for Independent Living in Minnesota provide information about independent living services and advocate for people with disabilities so they can live independently in communities of their choice. <http://www.macil.org/>

Job Accommodation Network (JAN)

<http://askjan.org/>

Phone: (800) 526-7234

JAN is a free consulting service designed to increase the employability of people with disabilities by: 1) providing individualized worksite accommodations solutions, 2) providing technical assistance regarding the ADA and other disability related legislation, and 3) educating callers about self-employment options.

Minnesota Help

<https://www.minnesotahelp.info/public/>

Designed to help people in Minnesota with statewide housing options based on zip code

MNSCU Postsecondary Resource Guide (2014)

Successfully Preparing Students with Disabilities for the Postsecondary Environment

Full publication with graphics: [Postsecondary Resource Guide](#)

Image reduced, printer and screenreader friendly version: [Postsecondary Resource Guide](#)

National Health Information Center

<http://health.gov/nhic/>

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The National Health Information Center (NHIC) is a health information referral service. NHIC puts health professionals and consumers who have health questions in touch with those organizations that are best able to provide answers.

Youthhood

<http://www.youthhood.org/>

Youthhood has information for youth regarding health, education, social situations and self-advocacy.