



How do I access disability services for my child outside of school?

Navigating disability services for your child outside of school can feel overwhelming. This tip sheet will cover the types of support available and how to access them.

There are a variety of supports and services available in Minnesota based on your child's eligibility.

Medical Assistance (MA)

Covers health care services like doctor visits, prescriptions, therapies, hospital stays, non-emergency medical transportation, and more. Eligibility is based on family income.

TEFRA

A MA health care option for families whose income is too high for the MA limits. TEFRA covers the same health care services as MA and is a good option if your child has significant medical needs.

Personal Care Assistance (PCA or CFSS)

Provides funding for a person to help your child with daily living activities like dressing, eating, or mobility. This person can be you or someone you hire.

Waivers

Fund long-term services that help children and adults live well in their home and community. Examples include funding to add a wheelchair ramp to your home or buy a device to help your child communicate.

How to access them

Non-school support and services are managed through your county or tribal agency. The three factors that determine which services your child is eligible for are your MA or TEFRA application, your child's disability certification through the State Medical Review Team (SMRT), and the results of a MnChoices assessment.

To access services, follow this process:

1. Contact your county service center or tribal agency to apply for MA or TEFRA health care. If you're not sure who to contact, call Disability Hub Minnesota or visit the Minnesota Department of Human Services (DHS) website. You can speak to someone in your home language through Disability Hub.
2. When your application is approved, you will receive paperwork by mail from the State Medical Review Team (SMRT).
3. Complete the paperwork and mail it in. The SMRT will review and let you know if your child qualifies for a disability certification.
4. Call your county or tribal agency and request an appointment for a MnCHOICES assessment.

Disability-specific organizations

For additional resources, you can reach out to disability-specific organizations. They provide support and resources for individuals with a specific disability, such as dyslexia or Down syndrome.

If you have questions about services or how to access them, call PACER at (952) 838-9000 and ask to speak with a health information advocate or visit pacer.org.