

# Accessing County Disability Services

If you are looking to receive disability services for yourself or a family member, your county of residence is who will provide those services. This checklist will walk you through the steps. Feel free to print it out and add notes as you go.

## Step 1: Find your county's "front door"

Google the phrase "[YOUR COUNTY] front door". You will find a phone number. Write that phone number here: \_\_\_\_\_

## Step 2: Call your county

Call the number you found and say "I'm interested in applying for disability services." They will initiate the process for you.

## Step 3: Complete three processes

Each county will be a little bit different, but no matter where you live you will need to complete three things:

**Disability determination (two methods: State Medical Review Team or social security)**

**MA application (depending on the program)**

**MNChoices Assessment**

## Step 4: Wait to receive your results

Your county will send you a report telling you what you qualify for and what to do next. If you are unhappy with the services you qualify for, you can appeal or request a reassessment.

## What Services are Available?

- Personal Care Assistant (PCA) services
- Traditional waivers
- Consumer-Directed Community Supports (CDCS) waivers
- Medical Assistance (MA)/Medical Assistance for Employed Persons with Disabilities (MAEPD)/MA through TEFRA
- Family Support Grants/Community First Services and Supports (CFSS)