

# A Guide to Accessing Services

A resource from  
Chick Kastrinos & the  
Metro Area Mayors Committee  
for People with Disabilities

## Where to start

If you find yourself in a place where you, a family member or a friend are now living with a disabling condition, then follow the steps below.

- Step 1:** If you are still in the hospital, Contact a Hospital Social Worker
- Step 2:** Apply for Social Security Disability  
701-239-5607  
800-772-1213
- Step 3:** Contact your County's Social Services  
Cass County, Social Services  
701-241-5761  
Clay County, Social Services  
800-757-3880
- Step 4:** Contact Freedom Resource Center for Independent Living, Inc.  
800-450-0459

### Alternative Formats Available on Request.

To obtain more of these guides or a different format, please call 218-233-8657, email: metroareamayorscommittee@gmail.com or visit the website:

[www.fmareamayorscommittee.org](http://www.fmareamayorscommittee.org)

## Medical/Rehab Services

**Family Healthcare Center**  
701-271-3344  
[www.famhealthcare.org](http://www.famhealthcare.org)

**Independent Family Doctors**  
701-234-9400  
[www.independentfamilydoctors.com](http://www.independentfamilydoctors.com)

**Innovis Health**  
701-364-8000 [www.innovishealth.com](http://www.innovishealth.com)

**Meritcare Heath Systems**  
701-234-2000 [www.meritcare.com](http://www.meritcare.com)

**VA Medical Center**  
701-239-3700 [www.fargo.va.gov](http://www.fargo.va.gov)

**Veteran's Benefit Administration**  
800-827-4313 [www.vba.va.gov](http://www.vba.va.gov)

## Extended Care Facilities for Rehab

**Bethany Homes**  
701-239-3000 [www.bethanyhomes.org](http://www.bethanyhomes.org)

**Courage Center**  
866-426-3426 [www.couragecenter.org](http://www.couragecenter.org)

**Elim Rehabilitation & Care Center**  
701-271-1800 [www.elimcare.org](http://www.elimcare.org)

**Triumph Hospital**  
701-241-9099  
[www.triumph-healthcare.com](http://www.triumph-healthcare.com)

## Assistive Technology & Medical Equipment

**HERO**  
218-284-6111 [www.fmhero.org](http://www.fmhero.org)

**IPAT Interagency Program for Assistive Technology**  
800-895-4728 [www.ndipat.org](http://www.ndipat.org)

**MN STAR**  
888-234-1267  
[www.starprogram.state.mn.us](http://www.starprogram.state.mn.us)

**MN Telephone Equipment Distribution Program**  
800-657-3663 [www.tedprogram.org](http://www.tedprogram.org)

**ND Telecommunications Equipment Distribution Program**  
800-265-4728 [www.ndipat.org](http://www.ndipat.org)

**Regional Assistive Technology Center**  
218-477-4200 [www.mnstate.edu/ratc](http://www.mnstate.edu/ratc)

## Legal Services

**Legal Services of ND**  
701-232-4495 [www.legalassist.org](http://www.legalassist.org)

**Legal Services of NW MN**  
218-233-8585 [www.lsnmlaw.org](http://www.lsnmlaw.org)

## Funding

**Disability MN**  
800-945-8913 [www.mndisability.gov](http://www.mndisability.gov)

**ND Association for the Disabled**  
800-532-6323 [www.ndad.org](http://www.ndad.org)

**ND Disability Services**  
800-472-2622 [www.nd.gov/dhs](http://www.nd.gov/dhs)

## Transportation

**Cass County Rural Transit**  
1-877-827-1916  
[www.fargoseniorservices.org](http://www.fargoseniorservices.org)

**Clay County Rural Transit**  
1-800-450-7787

**FM Metro Cog**  
701-232-7500 [www.fmmetrocog.org](http://www.fmmetrocog.org)

**Handi-Wheels Transportation, Inc.**  
701-232-3231

**Ready Wheels**  
701-364-1700

## Information & Referral

**211 Hotline**  
211

**Cass County Social Service**  
701-241-5761

**Clay County Intake Line**  
800-757-3880

**FirstLink**  
701-235-SEEK [www.myfirstlink.org](http://www.myfirstlink.org)

**Freedom Resource Center**  
800-450-0459 [www.freedomrc.org](http://www.freedomrc.org)

**MinnesotaHelp Network**  
[www.minnesotahelp.info](http://www.minnesotahelp.info)

Senior LinkAge Line  
800-333-2433

Disability Linkage Line  
866-333-2466

Veterans Linkage Line  
888-546-5838

**Southeast Human Service Center**  
888-342-4900

## Advocacy

**MN Disability Law Center**  
1-800-292-4150 [www.mndlc.org](http://www.mndlc.org)

**ND Protection and Advocacy Project**  
800-472-2670 [www.ndpanda.org](http://www.ndpanda.org)

## Employment

**Adult Basic Education**  
701-284-3450  
[www.communityed.moorhead.k12.mn.us](http://www.communityed.moorhead.k12.mn.us)

**Job Service of North Dakota**  
701-239-7300 800-247-0985  
[www.jobsnd.com](http://www.jobsnd.com)

**MN Workforce Center**  
800-888-8888 [www.mnwfc.org](http://www.mnwfc.org)

**Trans Em**  
218-233-7438 [www.transem.org](http://www.transem.org)

**Vocational Rehabilitation Services of MN**  
218-236-2206  
[www.deed.state.mn.us/rehab/](http://www.deed.state.mn.us/rehab/)

**Vocational Rehabilitation Services of ND**  
701-298-4459  
[www.nd.gov/dhs/services/disabilities/vr/](http://www.nd.gov/dhs/services/disabilities/vr/)

## Home Healthcare

**MN Home Care Association**  
866-607-0607 [www.mnhomecare.org](http://www.mnhomecare.org)

**ND Association for Home Care**  
701-224-1815 [www.aptnd.com/nda hc](http://www.aptnd.com/nda hc)

## Chick's Advice

- Make a list and ask questions.
- Be kind to nurses and therapists; they can be your greatest resource.
- Accept help from friends and family.
- Be your own advocate; call for help.
- Don't stress out; it could always be worse.



At age 26 in 1996, Christine "Chick" Kastrinos, was in a car accident and became vent dependent and quadriplegic. Nonetheless, Chick continued to live life

to the fullest until her death in 2008. Chick was politically active and fought for the rights of all people. One of her dreams was to create a resource guide for people that suddenly found themselves with a disabling condition. This resource guide is dedicated to Chick, a wonderful advocate, daughter, sister, aunt, and friend.