

A Guide to Accessing Services

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

Where to start

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

- Step 1:** While in the hospital, Contact a Hospital Social Worker
- Step 2:** Apply for Social Security Disability
701-239-5607
800-772-1213
- Step 3:** Contact County 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

To obtain more of these guides or a different format, contact us at:
218-233-8657
metroareamayorscommittee@gmail.com
www.fmareamayorscommittee.org

Medical & Rehab Services

Family Healthcare Center

701-271-3344
www.famhealthcare.org

Independent Family Doctors

701-234-9400
www.independentfamilydoctors.com

Innovis Health

701-364-8000 www.innovishealth.com

Meritcare Health Systems

701-234-2000 www.meritcare.com

VA Medical Center

701-239-3700 www.fargo.va.gov

Veteran's Benefit Administration

800-827-4313 www.vba.va.gov

Extended Care Rehab Facilities

Bethany Homes

701-239-3000 www.bethanyhomes.org

Courage Center

866-426-3426 www.couragecenter.org

Elim Rehabilitation & Care Center

701-271-1800 www.elimcare.org

Triumph Hospital

701-241-9099
www.triumph-healthcare.com

Assistive Technology & Medical Equipment

HERO

218-284-6111 www.fmhero.org

IPAT Interagency Program for Assistive Technology

800-895-4728 www.ndipat.org

MN STAR

888-234-1267
www.starprogram.state.mn.us

MN Telephone Equipment Distribution Program

800-657-3663 www.tedprogram.org

ND Telecommunications Equipment Distribution Program

800-265-4728 www.ndipat.org

Regional Assistive Technology Center

218-477-4200 www.mnstate.edu/ratc

Legal Services

Legal Services of ND

701-232-4495 www.legalassist.org

Legal Services of NW MN

218-233-8585 www.lsnmlaw.org



Funding

Disability MN
800-945-8913 www.mndisability.gov

ND Association for the Disabled
800-532-6323 www.ndad.org

ND Disability Services
800-472-2622 www.nd.gov/dhs

Transportation

Cass County Rural Transit
877-827-1916
www.fargoseniorservices.org

Clay County Rural Transit
800-450-7787

FM Metro Cog
701-232-7500 www.fmmetrocog.org

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

Ready Wheels
701-364-1700

Advocacy

MN Disability Law Center
800-292-4150 www.mndlc.org

ND Protection and Advocacy Project
800-472-2670 www.ndpanda.org

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

Freedom Resource Center
800-450-0459 www.freedomrc.org

MinnesotaHelp Network
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

Employment

Adult Basic Education
701-284-3450
www.communityed.moorhead.k12.mn.us

Job Service of North Dakota
701-239-7300 800-247-0985
www.jobsnd.com

MN Workforce Center
800-888-8888 www.mnwfc.org

Trans Em
218-233-7438 www.transem.org

Vocational Rehabilitation Services of MN
218-236-2206
www.deed.state.mn.us/rehab/

Vocational Rehabilitation Services of ND
701-298-4459
www.nd.gov/dhs/services/disabilities/vr/

Home Healthcare

MN Home Care Association
866-607-0607 www.mnhomocare.org

ND Association for Home Care
701-224-1815 www.aptnnd.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.