



# South Dakota Disability Resources

## Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

<https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=south-dakota>

## Aging Resources

### Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the

full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

### **South Dakota Department of Human Services**

<https://dhs.sd.gov/en>

Pierre State Office

3800 E. Hwy 34 - Hillsvieview Plaza

c/o 500 East Capitol Avenue

Pierre, SD 57501

Phone: 605-773-5990, 800-265-9684 (Toll free)

### **National Center on Elder Abuse (NCEA)**

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

## **Assistive Technology**

### **DakotaLink**

<https://www.dakotalink.net/>

1161 Deadwood Ave., Suite #5

Rapid City, SD 57702

Phone: 605-394-6742, 800-645-0673

### **Rocky Mountain ADA Center (covers South Dakota)**

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

University of Northern Colorado

Gunter Hall, 1170 Campus Box #155

Greeley, CO 80639

Phone/TTY: 719-444-0268

Toll-free: 800-949-4232

## **Community Health Centers**

### **South Dakota Office, Community HealthCare Association of the Dakotas**

[www.communityhealthcare.net](http://www.communityhealthcare.net)

196 E 6<sup>th</sup> Street, Suite 200

Sioux Falls, SD 57104

Phone: 605-275-2423

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

### **Health Resources and Services Administration (HRSA): Find a Health Center**

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

### **Crime Victim Assistance**

#### **South Dakota Crime Victim Compensation and Assistance**

<https://dps.sd.gov/victims-services>

118 West Capitol Avenue

Pierre, SD 57501

Phone: 605-773-6317, 800-696-9476

Email: [victimsservices@state.sd.us](mailto:victimsservices@state.sd.us)

#### **Safe Horizon's Links for General Crime Victim Resources/Issues**

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

### **Domestic Violence Help**

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233); TTY: 800-787-3224

**National Resource Center on Domestic Violence:** 800-537-2238

#### **South Dakota Coalition Ending Domestic & Sexual Violence**

**Statewide Hotline:** 800-572-9196

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

PO Box 3875

Rapid City, SD 57709

Phone: 605-945-0869

Email: [sdcadvsa@rapidmail.com](mailto:sdcadvsa@rapidmail.com)

#### **White Buffalo Calf Woman Society, Inc.**

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

P.O. Box 227

Mission, SD 57555

Phone: 605-856-2317

## **Easter Seals Offices**

### **Easter Seals Headquarters**

[www.easterseals.com](http://www.easterseals.com)

Please check their website for any local or state-based services

Easter Seals offers services to children and adults with disabilities and special needs.

The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

## **Government Offices**

### **South Dakota State Website**

<http://www.sd.gov>

### **South Dakota Department of Human Services**

<http://dhs.sd.gov/>

3800 E Hwy 34

Hillview Properties Plaza

500 E Capitol Ave

Pierre, SD 57501

Phone: 605-773-3438

TTY Phone: 605-773-6412

Toll-free: 800-265-9684

Email: [infodhs@state.sd.us](mailto:infodhs@state.sd.us)

### **South Dakota Division of Human Rights**

[http://dlr.sd.gov/human\\_rights/default.aspx](http://dlr.sd.gov/human_rights/default.aspx)

South Dakota Department of Labor and Regulation

116 W. Missouri Ave.

Pierre, SD 57501

Phone: 605-773-3681

The Division investigates formal complaints filed by people who believe they have been discriminated against.

### **South Dakota Department of Social Services**

<http://dss.sd.gov/>

700 Governors Drive

Pierre, SD 57501

Phone: 605-773-3165

Email: [dssinfo@state.sd.us](mailto:dssinfo@state.sd.us)

### **South Dakota Division of Rehabilitation Services**

<https://dhs.sd.gov/en/rehabilitation-services>

Hillsview Plaza, 3800 E Hwy 34  
c/o 500 East Capitol Avenue  
Pierre, SD 57501  
Phone: 605-773-3195  
Email: [infors@state.sd.us](mailto:infors@state.sd.us)

### **South Dakota Medicaid Office**

<http://dss.sd.gov/medicaid/>

700 Governors Drive  
Richard F Kneip Bldg.  
Pierre, SD 57501  
Phone: 605-773-3165  
Email: [medelig@state.sd.us](mailto:medelig@state.sd.us)

### **SHIINE (Senior Health Information and Insurance Education)**

<https://dhs.sd.gov/en/ltss/shiine>

SHIINE Regional Coordinators:

#### **Eastern South Dakota**

Phone 800-536-8197  
Email: [easternoffice@shiine.net](mailto:easternoffice@shiine.net)

#### **Central South Dakota**

Phone: 605-432-8801  
Email: [krista.atyeo-gortmaker@shiine.net](mailto:krista.atyeo-gortmaker@shiine.net)

#### **Western South Dakota**

Local: 877-286-9072  
Email: [andrea.palmer@shiine.net](mailto:andrea.palmer@shiine.net)

### **South Dakota Division of Insurance**

<https://dlr.sd.gov/insurance/default.aspx>

124 South Euclid Ave, 2<sup>nd</sup> Floor  
Pierre, SD 57501  
Phone: 605-773-3563  
Email: [insurance@state.sd.us](mailto:insurance@state.sd.us)

### **South Dakota Worker's Compensation**

[https://dlr.sd.gov/workers\\_compensation/default.aspx](https://dlr.sd.gov/workers_compensation/default.aspx)

Labor and Management  
Kneip Building  
700 Governors Drive  
Pierre, SD 57501-2291  
Phone: 605-773-3101

### **South Dakota Division of Rehabilitation Services**

<https://dhs.sd.gov/en/rehabilitation-services>

Hillsview Plaza, 3800 E Hwy 34  
c/o 500 East Capitol Avenue  
Pierre, SD 57501  
Phone: 605-773-3195  
Email: [InfoRS@state.sd.us](mailto:InfoRS@state.sd.us)

The Division of Rehabilitation Services helps individuals with disabilities obtain or maintain employment, economic self-sufficiency, personal independence, and full inclusion into society.

### **South Dakota Council on Developmental Disabilities**

<https://boardsandcommissions.sd.gov/Information.aspx?BoardID=28>

2520 E Franklin Street, Suite 4

Pierre, SD 57501

Phone: 605-773-6369, 800-265-9684 (Toll Free)

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

### **South Dakota Long Term Care Ombudsman Program**

<https://dhs.sd.gov/en/ltss/ombudsman-program>

Email: [LTCO@state.sd.us](mailto:LTCO@state.sd.us)

The South Dakota Long-Term Care Ombudsman Program provides information and referral assistance, education to increase community awareness of resident's rights, and training for long-term care facility staff.

## **Housing**

### **Housing and Urban Development (HUD)**

[www.hud.gov](http://www.hud.gov)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: [https://www.hud.gov/program\\_offices/public\\_indian\\_housing/pha/contacts](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

**211**

[www.211.org](http://www.211.org)

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

## **Independent Living**

### **ILRU: State Independent Living Councils (SILCs) South Dakota Statewide Independent Living Council**

<http://www.ilru.org/projects/silc-net/silc-directory>

524 N Sycamore Ave., Ste. 2

Sioux Falls, SD 57110

Phone: 605-494-3613

Toll-Free: 1-800-265-9684

Email: [mkoterwski@csd.org](mailto:mkoterwski@csd.org)

### **Independent Living Research Utilization's** directory of Independent Living Centers

<http://www.ilru.org>

### **National Council on Independent Living (NCIL)**

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

2013 H St. NW, 6<sup>th</sup> Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

Email: [ncil@ncil.org](mailto:ncil@ncil.org)

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

## **Library Services**

### **South Dakota Braille and Talking Book Library**

<http://library.sd.gov/btb/>

Mackay Building

800 Governors Drive

Pierre, SD 57501

Phone: 605-773-3131, 800-423-6665

## **Peer Support Programs**

### **Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)**

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@ChristopherReeve.org](mailto:Peer@ChristopherReeve.org)

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: [www.ChristopherReeve.org/qol](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.

## **Protection and Advocacy**

### **Disability Rights South Dakota**

<https://drsdlaw.org>

2520 E Franklin St, Ste 2

Pierre, SD 57501

Phone: 605-224-8294, 800-658-4782 (Voice/TTY, In-State)

Email: [drsd@drsdlaw.org](mailto:drsd@drsdlaw.org)

Disability Rights South Dakota is the non-profit legal services agency dedicated to protecting and advocating for the rights and inclusion of South Dakotans with disabilities.

## **Sports and Recreation**

### **South Dakota Game Fish and Parks—Disability Info for Hunting and Fishing**

<http://gfp.sd.gov/>

<http://gfp.sd.gov/hunting/accessibility/>

523 East Capitol Avenue

Pierre, SD 57501

Phone: 605-223-7660

Email: [parkinfo@state.sd.us](mailto:parkinfo@state.sd.us)

## **United Way Offices**

### **United Way**

<https://www.unitedway.org/>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter postal code for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.



## Veteran Benefits

### US Department of Veterans Affairs VA Hospital Locator

<https://www.va.gov/find-locations/>

### South Dakota Chapter Paralyzed Veterans of America Offices

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

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

209 N. Garfield

Sioux Falls, SD 57104

Phone: 605-336-0494, 800-505-4782

Email: [info@ncpva.org](mailto:info@ncpva.org)

### PVA National Service Office: South Dakota VA Medical & Regional Office Center

2501 W. 22nd St., Room 100, P.O. Box 5046

Sioux Falls, SD 57117

605-333-6801

800-795-3632 (toll free)

## ALS

### The ALS Association National Office

<http://www.alsa.org>

1300 Wilson Blvd., Suite 600

Arlington, VA 22209

Phone: 202- 407-8580

Call for information in your area

## Brain Injury

### Brain Injury Alliance of South Dakota

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

4304 S. Glenview Rd.

Sioux Falls, SD 57103

Phone: 605-697-6678

Email: [braininjurysd@gmail.com](mailto:braininjurysd@gmail.com)

BIA of SD locates services and agencies to assist people in meeting their needs and reaching their goals. They provide information and referral on brain injury and available services. They also provide training to groups on brain injury and its impact on the lives of South Dakotans. They work with public and private decision makers to help identify ways to make services more available to persons with brain injury and their families. Brain Injury Support Groups:

Aberdeen -Ron Hoops (605) 395-6655

Brookings-Doris Schumacher (605) 697-6678

Rapid City-Justine Ashokar (605) 718-8446

Sioux Falls-Karen Brokenleg (605) 339-0137

### **Cerebral Palsy**

#### **United Cerebral Palsy (UCP) National Office**

<http://www.ucp.org>

8401 Old Courthouse Rd.

Vienna, VA 22182

Phone: (866) 827-1692

Toll-free: (800) 872-5827

Email: [info@ucp.org](mailto:info@ucp.org)

Please contact them for local info.

### **Friedreich's Ataxia**

#### **National Ataxia Foundation (NAF) National Office**

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

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Email: [naf@ataxia.org](mailto:naf@ataxia.org)

Please contact them for local info.

### **Guillain-Barré Syndrome / CIDP**

#### **Guillain-Barré Syndrome / CIDP Foundation International**

<http://gbs-cidp.org/>

375 E. Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Toll-free: 866-224-3301

Please contact them for local info.

### **Multiple Sclerosis**

#### **National Multiple Sclerosis Society**

<http://www.nationalmssociety.org>

Click on "Find a Chapter" to locate one near you

#### **Multiple Sclerosis Association of America**

<http://mymsaa.org/about-msaa/regional/#Midwest>

MSAA Midwest Regional Office—covers South Dakota

1507 E. 53rd Street, Suite 284

Chicago, IL 60659-1199

Phone: 800-532-7667, ext.150

E-mail: [midwest@mymsaa.org](mailto:midwest@mymsaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

<https://www.mda.org>

National Headquarters

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

Enter your state in the “MDA Care Center Network” section of the website for MD clinics in your area.

## **Post-Polio Syndrome**

### **Post-Polio Health International (PHI)**

<http://www.post-polio.org>

50 Crestwood Executive Center #440

Saint Louis, MO 63126-1916

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

## **Spina Bifida**

### **Spina Bifida Association of America**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

Please contact them for info in your area

## **Spinal Cord Injury**

### **Brain and Spinal Cord.org: South Dakota support groups**

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/south-dakota.html>

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653 or 888-474-8483  
Please contact them for the stroke support group in your area

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project**

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

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282

Email: [info@ASAP.org](mailto:info@ASAP.org)

## **Transverse Myelitis**

### **Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**

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

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for local support groups.

## **General Disability Resources**

### **South Dakota Yellow Pages for Kids with Disabilities**

<http://www.yellowpagesforkids.com/help/sd.htm>

### **South Dakota Chapter of the American Occupational Therapy Association**

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

South Dakota Occupational Therapy Association

P.O. Box 1771

Sioux Falls, SD 57101

Phone: 605-380-4592

Email: [southdakotaota@gmail.com](mailto:southdakotaota@gmail.com)

### **South Dakota Chapter of the American Physical Therapy Association**

<https://www.aptasd.com/>

PO Box 91146

Sioux Falls, SD 57108

Phone: 605-339-4839

### **Association of People Supporting EmploymentFirst (ASPE)**

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

No state chapters listed for South Dakota

**Healthboards.com** – message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

<http://www.healthboards.com/boards/index.php>

### **First Call 2-1-1**

[www.211.org](http://www.211.org)

Phone: 211

Provides callers with information about and referrals to human services for everyday needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

### **Farm Rescue**

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

P.O. Box 28

Horace, ND 58047

Email: [info@farmrescue.org](mailto:info@farmrescue.org)

Phone: 701- 252-2017

Farm Rescue is a nonprofit organization that provides planting and harvesting assistance free of charge to farm families who have experienced a major illness, injury or natural disaster. It helps farm families in North Dakota, South Dakota, Montana, Minnesota, and Iowa. Please see their website for application info.

### **South Dakota RehabACTion**

<https://www.sdrehabaction.org>

Serving the vocational rehabilitation needs of people with disabilities throughout South Dakota, South Dakota RehabACTion is an organization composed of community professionals, private professionals, educators, families, persons with disabilities, as well as friends and businesses, working in a combined effort to make a positive impact in the public vocational rehabilitation program. We are a network that showcases the results of contributions made by employment specialists, vocational rehabilitation counselors, evaluators, teachers, rehab technicians, therapists, adjustment specialists, secretaries, trainers, and many other selfless, hard-working individuals who have committed their time, effort and expertise to helping persons with disabilities gain back independence through employment.

### **ThinkFirst National Injury Prevention Foundation**

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

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400, 800-THINK56

Email: [thinkfirst@thinkfirst.org](mailto:thinkfirst@thinkfirst.org)

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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