

Parent Resources

Helpful Resources for Families that Have Children and Young Adults with Disabilities

This article outlines a small sample of resources available statewide. If your child's school has a home school coordinator, contact him or her to assist you in finding the types of resources in your area.

Missouri 211

Provided by the United Way, Missouri 211 gives free and confidential information and referrals for help with food, housing, employment, health care, energy costs, counseling, social service agencies and more. Dial 211 from a land line (some cell phone providers also participate). Or, visit www.211.org.

State government

The state of Missouri provides services to families and disabled adults through the Department of Social Services (DSS) and the Department of Health and Senior Services (DHSS). Call your local DSS office for help with food stamps, temporary assistance or Medicaid. To locate the nearest office, call 573-751-3221. Call DHSS for assistance with in-home nursing care, WIC, health-related needs and adult care assistance. To find the nearest office, call 573-751-6400.

The Department of Mental Health (DMH) is an excellent resource for the disabled in Missouri through its Regional Centers. Most parents know it is important for disabled children to have a Regional

Center service coordinator. While you might not need a service coordinator on a daily or monthly basis, maintaining an open case keeps you prepared for life's unexpected events. To locate your area's Regional Center, call 573-751-8676 or visit dmh.mo.gov/mrdd.

Missouri Assistive Technology

Missouri Assistive Technology provides increased access to assistive technology for Missourians with disabilities. To find out more, go to at.mo.gov or call 800-647-8557.

The Thompson Center

The Thompson Center offers health, educational and behavioral services for individuals with autism and other developmental concerns. A guide to available services can be found at thompsoncenter.missouri.edu/about-center/TC%20guide%20to%20services%20on%20line.pdf. Call 573-882-6081 for more information.

SB40 boards

Many counties throughout the state have a local Senate Bill 40 (SB40) board. SB40 boards often work in tandem with your local Regional Center to provide funds for services for individuals with developmental disabilities.

Because each board operates separately, different types of services are offered in each county. To find out if your

county operates an SB40 board, contact your DMH service coordinator or your home school coordinator. Visit www.macdds.org.

Community action

Community action groups are a great resource and are available across the state. They offer housing assistance and energy assistance to low-income families through their area offices. To locate the office serving your area, call 573-634-2969 or go to www.communityaction.org.

Other resources

There are several resources for diapers or training pants that deliver throughout Missouri:

- Children's Medical Services (877-984-5050) provides diapers for Medicaid recipients ages 4 through 20.
- HDIS (800-296-4663 or www.hdis.com) delivers anywhere in Missouri and accepts Medicaid.
- Home Medical Supply (573-686-5510) delivers anywhere in Missouri and accepts Medicaid.

Resources vary from area to area throughout the state. Home school coordinators are knowledgeable of your area and the array of resources available to you and your child. Utilize the home school coordinators – they have a wealth of knowledge of all types of services in your area, not just disability resources.