



Envision your child's best life, then make a plan to get there.

Whether you're facing an immediate need or looking years ahead, the experts at Disability Hub MN help family members, caregivers and guardians find solutions, make connections and take steps to move ahead.

What resources does the Hub have for families?

The Hub is a free service that is available through phone, chat, email and online for people with disabilities and their siblings, parents and families.

The Hub can help you find and navigate important supports, programs and services for your child.

What can the Hub help me and my child with?

- Learn about health care, like Medical Assistance under TEFRA, waiver and in-home support options
- Support with special education and Individualized Education Plans (IEP)
- Understand Supplemental Security Income (SSI) and how to apply
- Access to assistive technology
- Learn about supported decision making and guardianship

The Hub has information for every life stage

Get support to help you navigate, plan and understand the options for your family.

- **Early childhood:** Start thinking about your child's future and planning for a life of inclusion. You can get the supports your family needs to prepare your child for school and beyond.
- **School age:** Your child is getting ready to go to school, or navigating school after a new diagnosis, learn what you need to know to support your child and your family.
- **Transition to adulthood:** Understand the programs and services that can help your youth transition from school to life as an adult, and get the support you need, too.

Find resources for families at our website: disabilityhubmn.org/for-families



Check out the [Hub event calendar!](#) You'll find support groups, trainings and events for parents, family members and caregivers.



For Families disabilityhubmn.org/for-families

Visit our 'For Families' area. Whether you're facing an immediate need or looking years ahead, the 'For Families' area has resources for every life stage: pregnancy and infancy, early childhood, school age, transition to adulthood, adulthood and aging.

Learn about Charting the LifeCourse™. This framework can help you explore and plan for the best life for your family. You can use the materials to communicate and advocate for the supports you or your child needs. disabilityhubmn.org/for-families/charting-the-lifecycle-for-families



Contact us disabilityhubmn.org/contact-us

Contact a Hub expert how and when it works for you. We help families and caregivers of children with disabilities. Chat online or call Monday to Friday, 8:30 a.m. to 5 p.m. Email anytime using our online form or explore information on the Hub website 24/7.



Hub Videos disabilityhubmn.org/hub-videos

Visit our Videos area. Explore topics like decision making, assistive technology and benefits to find information that interests you and your family. Filter videos by the topic "Youth in Transition" to find stories from youth, and transition topics such as finding meaningful employment.



Your best life, your way.

Disability Hub MN™ is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Our team knows the ins and outs of community resources and government programs, and has years of experience helping people fit them together.