



# At the Hub, we help you live your best life, your way.

**Disability Hub MN provides free statewide access to information, resources, and trained experts to help people with disabilities and those who support them.**

### Who is Disability Hub MN for?

The Hub is for all Minnesotans with disabilities and the people that support them, including those with temporary disabilities, invisible disabilities and mental health conditions. From infants and their families to older adults, the Hub is for everyone.

### What can the Hub help me with?

- How to apply for state and federal benefits
- Connect to organizations and resources to help with needs like food, housing and transportation
- Learn about services to help you in your home
- Confirm the benefits you have now and show you other benefits that might help
- Navigate the system when you have a new disability diagnosis
- Understand your health care coverage options, including Medical Assistance and Medicare
- Help setting goals and support to achieve them

### How can I connect with the Hub?

#### Visit [disabilityhubmn.org](https://disabilityhubmn.org)

- Chat online, Monday to Friday 8:30 a.m. to 5 p.m.
- Email anytime through our online form
- Explore information on the Hub website

#### Call 1-866-333-2466

- Talk with a Hub expert (interpreter available) Monday to Friday, 8:30 a.m. to 5 p.m.

### The experts at the Hub:

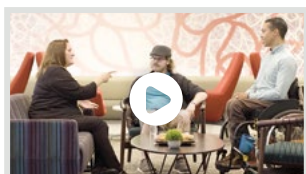
- Are real people who are extensively trained
- Live throughout Minnesota and represent various demographics
- Have lived experiences in the disability community

## Key resources to check out at [disabilityhubmn.org](https://disabilityhubmn.org)



We provide trusted, knowledgeable help.

“The staff was professional and compassionate. They listened to every aspect of my two different disability issues and were attentive and eager to dig in to help me. I enjoyed my experience and I’ll be calling again.”



[About the Hub video](#)

**Top Topics** [disabilityhubmn.org/top-topics](https://disabilityhubmn.org/top-topics)

**Find answers to common questions about:** Medical Assistance (MA), Medicare, Social Security, affordable housing, waivers, transportation, assistive technology and more!



**Hub Tools** [disabilityhubmn.org/hub-tools](https://disabilityhubmn.org/hub-tools)

**Learn about activities, guides and online resources,** including Charting the LifeCourse™, a framework to help you explore and plan for your best life. Check out My Vault, a secure, personal account you can use to explore planning paths and activities. These tools can help you organize your ideas, visions and goals.



**For Families** [disabilityhubmn.org/for-families](https://disabilityhubmn.org/for-families)

**Find parent and family supports for all ages and stages.** Whether you are facing an immediate need or looking years ahead, the Hub has resources for families at every life stage.



**Hub Videos** [disabilityhubmn.org/hub-videos](https://disabilityhubmn.org/hub-videos)

**Watch informational videos on topics including:** assistive technology, benefits, decision making, youth in transition, and more!

In addition, watch the ‘About the Hub’ video highlighting three Hub staff who tell their stories of their lived experience in the disability community and how they now help others live their best lives.



### 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.