

TRANSITION TO INDEPENDENT LIVING

This work is supported by funding from the North Dakota State Council on Developmental Disabilities and by the National Association of Councils on Developmental Disabilities with assistance from the North Dakota Center for Persons with Disabilities at Minot State University.

Dated 2026



STEP 1: THINK ABOUT YOUR LIVING SITUATION

- Do you want to live more independently?
- Do you need help moving from a facility, family home, or other supported setting?
- Do you need services or supports to live safely in your community?

If **yes** to any question, go to Step 2.

If **no** to all questions, independent living services may not be needed at this time.

STEP 2: IDENTIFY THE SUPPORT YOU NEED

- Do you need help finding housing?
- Do you need help with daily living skills such as budgeting, cooking, or transportation?
- Do you need personal care, homemaker, or other in-home supports?
- Do you need help connecting with community resources?
- Do you need employment, education, or volunteer opportunities?

If **yes** to any question, go to Step 3.

If **no** to all questions, independent living services may not be needed at this time.

STEP 3: LEARN ABOUT SERVICES THAT CAN HELP

Services may include:

- Independent living skills training
- Peer mentoring and support
- Housing assistance and advocacy
- Home and Community-Based Services (HCBS)
- Personal care and homemaker services
- Transportation supports
- Employment and vocational services
- Caregiver supports
- Transition and Diversion Program
- Money Follows the Person (MFP) services for people moving from a facility into the community

After reviewing available services, go to Step 4.

STEP 4: BUILD YOUR INDEPENDENT LIVING PLAN

- Do you have a plan for where you will live?
- Do you know what supports and services you need?
- Do you have transportation, health care, and community supports in place?
- Do you know who will help coordinate your services?

If **yes** to all questions, go to Step 5.

If **no** to any question, work with a case manager, Independent Living Center, ADRL, or Human Service Center to build your plan. Then go to Step 5.

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STEP 5: GET SERVICES & PLAN AHEAD

If you answered yes to questions that match your needs, services may be available to help you live independently in your community. **Next Steps:**

- Contact the Aging and Disability Resource Link (ADRL) to learn about available services.
- Connect with your local Center for Independent Living (CIL).
- Ask about Home and Community-Based Services (HCBS).
- If you live in Basic Care or a Group home and want to move into the community, ask about the Transition and Diversion Program.
- If you are on Medicaid Expansion and want to move into the community, ask about the Transition and Diversion Program.
- If you live in a facility and want to move into the community, ask about Money Follows the Person (MFP).
- Explore housing, transportation, employment, and community support options.
- Develop a plan for ongoing supports and services.
- Review your plan regularly and update it as your needs change.

Important Disclaimer: Eligibility for HCBS or MFP is not guaranteed. Meeting general criteria does not automatically mean you will be approved. Each waiver has its own application process, documentation requirements, and review procedures. You must apply and be found eligible by the authorizing agency.

RESOURCES

- Aging and Disability Resource Link of North Dakota (ADRL): <https://ndcarechoice.hhs.nd.gov/>
- Centers for Independent Living (CILs): Find local independent living services, peer support, advocacy, and transition services at: www.hhs.nd.gov/individuals-disabilities/centers-independent-living
- Home and Community-Based Services (HCBS): www.hhs.nd.gov/human-services/hcbs
- Transition and Diversion Program: <https://www.nd.gov/eforms/Doc/sfn00649.pdf> | 1-855-462-5465
- Money Follows the Person (MFP): <https://www.hhs.nd.gov/node/2225> | 701-328-8652
- North Dakota Vocational Rehabilitation: 701-328-8950 | email dhsvr@nd.gov
- Local Human Service Zone: www.hhs.nd.gov/service-locations/human-service/zones