

DISABILITY SERVICES

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.

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STEP 1: IDENTIFY YOUR CURRENT LIVING SITUATION

- Do you currently live in your own home, apartment, or with family?
- Do you currently live in a nursing home, assisted living facility, or other care setting?
- Are you planning to move from one living situation to another?

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

If **no** to all questions, you may not need transition services right now. Contact ADRL if you would like help exploring your options.

STEP 2: IDENTIFY THE SUPPORT YOU NEED

- Do you need help staying in your home?
- Do you need help moving from a facility to the community?
- Do you need help moving from home to a higher level of care?
- Do you need housing, transportation, personal care, or other daily living supports?
- Do you need help coordinating services and benefits?

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

If **no** to all questions, you may not need transition services right now.

STEP 3: LEARN ABOUT AVAILABLE SUPPORTS

Services may include:

- Home and Community-Based Services (HCBS)
- Personal care and homemaker services
- Transportation services
- Independent living skills training
- Peer support and advocacy
- Employment and vocational services
- Family caregiver support
- Housing assistance
- Transition and Diversion Program
- Money Follows the Person (MFP)

After reviewing available services, go to Step 4.

STEP 4: BUILD YOUR TRANSITION PLAN

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

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

If **no** to any question, contact a care coordinator, Human Service Zone, ADRL, or Center for Independent Living to create a plan. Then go to Step 5.

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STEP 5: GET SERVICES & PLAN AHEAD

Whether you are living at home, in a facility, or transitioning between settings, the right services and supports may help you live as independently and safely as possible. **Next Steps:**

- Contact the Aging and Disability Resource Link (ADRL) to discuss your options.
- Ask about Home and Community-Based Services (HCBS).
- Connect with a Center for Independent Living (CIL) for skills training, peer support, and transition services.
- If you are moving from a facility into the community, ask about Money Follows the Person (MFP).
- Explore housing, transportation, employment, and caregiver supports.
- Work with a care coordinator or case manager to develop a transition plan.
- Review your plan regularly and update services 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