

Navigating Your Good Life

Missouri Integrated Services and Supports



COMMUNITY LIVING

United Way 2-1-1

Dial 2-1-1 on your phone and speak to a person who can help find community resources to fit your needs.

[211.org](https://www.211.org)

2-1-1 or

KC: 1-866-320-5764

StL: 1-800-427-4626

U.S. Department of Housing & Urban Development (HUD)

Administers rental subsidies, provides funds for home modifications, low-income housing, and home-ownership, and implements the Fair Housing Act.

[hud.gov/Missouri](https://www.hud.gov/Missouri)

KC: 913-551-5644

StL: 314-418-5400

MO Housing Development Commission

Housing Finance Agency coordinates grants and low-cost loans for affordable housing, including both sales and rentals, as well as home repairs.

[mhdc.com](https://www.mhdc.com)

KC: 816-759-6600

StL: 314-877-1350

MO Assistive Technology

Offers programs to connect you to technology that meets your personal needs, such as demonstration centers, training, loan library and technology specialist support.

[at.mo.gov](https://www.at.mo.gov)

816-655-6700

MO Inclusive Housing Development Corporation (MO Housing)

Provides info about accessible and affordable housing. Offers support as you search for a home that meets your needs.

[mohousing.com](https://www.mohousing.com)

1-855-444-5100

MO Disability Portal – Transportation

Lists transportation resources that are available in the state of Missouri.

disability.mo.gov/transportation.htm



DAILY LIFE AND EMPLOYMENT

MO Parents as Teachers

Provides parents with child development knowledge and parenting support.

parentsasteachers.org

1-866-728-4968

MO Head Start

Child development program for children 0-5, providing academic, social and emotional development services, as well as health and nutrition services for income-eligible families.

moheadstart.org

573-884-5078

MO Parents Act (MPACT)

Provides parent training, information, and peer support to help parents advocate for their child's educational services.

missouriparentsact.org

1-800-743-7634

ParentLink

Supports and resources to succeed and thrive as a family.

cehd.missouri.edu/parentlink/

MO ABLE

Investment accounts that allow you to save and invest without losing federal needs-based benefits.

moable.com

Ticket to Work

Helps people who receive SSDI or SSI benefits but want to work.

choosework.ssa.gov

1-866-968-7842

MO Department of Social Services

Helps with food stamps (SNAP), health care, child care, child support, blind services and other basic needs to help ensure the safety, permanency and well-being of children and youth.

dss.mo.gov

1-855-373-4636

MO Veterans Commission

Assists veterans and their dependents by providing information regarding rights, benefits, and services.

mvc.dps.mo.gov

MO Department of Elementary & Secondary Education (DESE)

State agency that maintains a strong public education system, including early childhood, adult learning and vocational rehabilitation.

dese.mo.gov | 573-751-4212

- First Steps is MO's Early intervention services for families with young children (0-3) with disabilities or developmental delays.
dese.mo.gov/special-education/first-steps/
1-866-583-2392
- Office of Special Education oversees special education programs.
dese.mo.gov/special-education/
573-751-5739
- Transition provides information on transition options, programs, resources, trainings, and community efforts.
dese.mo.gov/special-education/effective-practices/postsecondary-transition
573-751-0187
- Vocational Rehabilitation provides services to assist eligible people with disabilities to find and maintain employment.
vr.dese.mo.gov
1-877-222-8963



HEALTHY LIVING

MO Rehabilitation Services for the Blind

Offers services to assist with employment, school and daily living skills through Vocational Rehabilitation, Independent Living, Older Blind, Children's Services and Prevention of Blindness programs.

dss.mo.gov/fsd/rsb/

Cover Missouri

Helps you gain information and in-person assistance needed to understand your health insurance options and financial help available to you.

covermissouri.org | 1-800-466-3213

Community Health Centers

Centers provide health and dental care to people of all ages, whether or not you have health insurance or the money to pay for health care.

findahealthcenter.hrsa.gov

MO Community Options & Resources

Provides information about all long-term supports and services across the lifespan.

moco.mo.gov

1-855-834-8555

MO Independent Living Centers

Provide information, advocacy and access to supports and services that align with your personal choices.

mosilc.org

826-226-8877

MO Commission for the Deaf & Hard of Hearing

Provides information and referral, workshops, training, and individual and systems advocacy.

mcdhh.mo.gov

MO HealthNet/MO HealthNet for Kids Medicaid program for seniors, people with disabilities, low-income families, pregnant women, and children.

mydss.mo.gov/mhd/

573-751-3425

Long-Term Care Facility Locator

Find the licensed long-term care facilities near you and see how they did on inspections.

healthapps.dhss.mo.gov/showmeltc/

Area Agencies on Aging

Local agencies that provide information to help seniors and people with disabilities to maintain an independent lifestyle.

ma4web.org

800-235-5503

MO Department of Insurance (DIFP)

Helps you resolve complaints and inquiries, provides information on insurance policy questions, investigates violations, and provides insurance education and outreach.

insurance.mo.gov/consumers/

1-800-726-7390 (Consumer Hotline)

Show Me Home Program

Helps you return home from long-term care.

dss.mo.gov/showmehome

855-834-8555 (option 7)

Missouri SHIP

Provides free, unbiased advocacy, education and assistance to people with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs.

missouriship.org | **1-800-390-3330**

Developmental Disabilities County Boards

Provide services for people with developmental disabilities.

macdds.org

MO Department of Mental Health

Prevention, screening, treatment, rehabilitation and education for those with mental health disorders, developmental disabilities, and substance abuse issues.

dmh.mo.gov

- Division of Developmental Disabilities serves individuals with developmental disabilities and autism spectrum disorders that occurred before the age of 22.

dmh.mo.gov/dev-disabilities

- Behavioral Health (BH) delivers services to children and adults with mental illness and to individuals with substance use disorders by providing funds for prevention, outpatient, residential, and detoxification services in community-based programs.

dmh.mo.gov/behavioral-health

MO Department of Health & Senior Services (DHSS)

Promotes health and safety through prevention, collaboration, education, innovation, and response. Core services include public health services, senior and disability supports and protection.

health.mo.gov/

573-751-6400

- Division of Senior and Disability Services (DSDS) programs for seniors and adults with disabilities, such as Adult Protective Services, the state Ombudsman and Show-Me Home.

health.mo.gov/seniors/

- Special Health Care Needs (SHCN) Family Partnership serves families of children and youth with special health care needs with information and peer support.

health.mo.gov/living/families/shcn/familypartnership/index.php

- Healthy Children and Youth serves MO HealthNet recipients with special health care needs from birth to age 21.

health.mo.gov/living/families/shcn/hcy.php

- Healthy Families provides supplemental food, health care referrals, nutrition education, and breastfeeding promotion and support.

health.mo.gov/living/families

- Children and Youth with Special Health Care Needs Program serves individuals from birth to age 21 who meet medical and financial eligibility.

health.mo.gov/living/families/shcn/cyshcn.php

- Medically Fragile Adult Waiver (MFAW) Program serves MO HealthNet recipients with serious and complex medical needs over age 21.

health.mo.gov/living/families/shcn/pdw.php

- Adult Brain Injury (ABI) Program assists MO residents, ages 21 to 65, with a traumatic brain injury.

health.mo.gov/living/families/shcn/ahi.php



ADVOCACY & ENGAGEMENT

Missouri Family to Family

Provides free, individualized, and family-centered supports provided by information specialists and trained mentors for individuals with disabilities and/or special health care needs, their families, and support professionals.

mofamilytofamily.org

1-800-444-0821

MO Governor's Council on Disability

Hosts an online disability portal to connect individuals with local, state, and national disability resources.

disability.mo.gov

1-800-877-8249

Brain Injury Association of MO (BIA-MO)

Offers programs of support, education, recreation, and advocacy to help you and your families adjust to and fully live life with a brain injury.

biamo.org | **1-800-444-6443**

MO National Alliance on Mental Illness (MO-NAMI)

Support groups, family courses, resources and information for families of children with mental health needs.

namimissouri.org

People First of MO

Statewide organization formed and run by people with developmental disabilities that provides members with advocacy and self-determination development and peer support.

missouripeoplefirst.org

1-800-558-8652



SAFETY & SECURITY

MO Protection and Advocacy Services

Protects the rights of individuals with disabilities and their families through legal-based advocacy and legal services to access education, community living, health care, employment, housing, transportation, voting, and other civil rights.

moadvocacy.org

1-800-392-8667

Legal Services of MO

Four regional centers provide legal services for individuals with low-incomes, including people with disabilities and seniors.

lsmo.org

MO Juvenile Justice Association

Promotes justice for children, youth and families within MO.

mjja.org | **573-616-1058**

Child Abuse and Neglect Hotline

To report the abuse or neglect of a child.

1-800-392-3788

Adult Abuse and Neglect Hotline

To report the abuse, neglect, and/or exploitation of vulnerable individuals 60 and older and people with disabilities between 18 and 59.

1-800-392-0210

Suicide and Crisis Lifeline

Support for people in distress, and prevention and crisis resources for you or your loved ones

988lifeline.org

Call or text 988



INTEGRATED SERVICES AND SUPPORTS

All people need support to lead good lives. Using a combination of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. Ideally, when someone has different abilities or support needs, they might need to access eligibility-based supports, but should also remember to look to the same types of supports that anyone else would use!

Learn more ways the Charting the LifeCourse framework and tools can help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for services and supports for you and your family.

lifecoursenexus.org

1-800-773-8652

Personal Strengths and Assets: are things that a person or family brings to the table. It might be tangible resources, like financial assets or belongings, or it might be the knowledge, skills, strengths, personality or abilities of the person.

Relationships: are the people in your life: family members, friends, neighbors, co-workers, etc. One person probably can't provide all the support a person might need, but several people might each be able to do one thing!

Eligibility Specific: supports include those services or things that someone is eligible to access based on disability, age, income or other specific criteria.

Community Resources: are those things that any community member can access. This might include community centers, parks and recreation, public transportation or faith-based resources.

Technology-Based Supports: could be anything from specialized technology, computers, tablets, smart phones, to something as simple as an alarm clock.



NO WRONG DOOR KEY RESOURCES

No Wrong Door (NWD) is a statewide initiative that aims to change the way individuals and caregivers access services in the community by making it easier to understand and access the supports and services they need.

For developmental disability resources:

MO Family to Family

1-800-444-0821

mofamilytofamily.org

For special healthcare needs resources:

Special Health Care Needs

800-451-0669

health.mo.gov/living/families/shcn/

For senior resources:

Senior Line

800-235-5503

For behavioral health resources:

Division of Behavioral Health

573-751-4942

dmh.mo.gov/behavioral-health

For physical disability resources:

Independent Living Centers

826-226-8877

mosilc.org

For brain injury resources:

Brain Injury Association of MO

1-800-444-6443

biamo.org

For Medicare resources:

Missouri SHIP

missouriship.org

1-800-390-3330

For veterans resources:

MO Veterans Commission

mvc.dps.mo.gov

For additional resources:

State of Missouri Disability Portal

Disability.mo.gov