



Community Support Plan (CSP)

ABOUT ME

ALIYAH R NOOR

Assessment Date: 11/03/2020

Plan Dates: 01/01/2021 to 12/31/2021

Developed by: Amy Heimkes (651) 430-8327

Address: 137 MYRTLEWOOD CT

STILLWATER, MN 55082-4688 County: Washington

Home: (651) 353-9920

Work:

Other:

General Plan Notes:

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CASE MANAGER: Jill Schaeppi Phone: 651-497-8650 Email: jill.schaeppi@co.washington.mn.us

PROGRAM(S): *Developmental Disabilities Waiver with CDCS & Rule 185 Case Management*

DATE THIS DOCUMENT WAS MAILED: 1/15/2020

STRENGTHS, ROUTINES, & DREAMS:

Aliyah is a 30 year old female living in Stillwater with her parents and twin sister. There are no current plans to change her living situation, however future options are being considered. Typically, Aliyah's routine includes attending Phoenix Alternatives, Inc (PAI) in Oakdale Monday through Wednesday. On the other days during the week, she spends time with her family participating in activities within her home and in the community. Due to the health emergency, Aliyah is staying at home during the day, no longer attending PAI in person. She was participating in some remote services with PAI, however this is on hold due to PAI's staffing needs. Aliyah will not return to PAI until it is safe for her to do so as she is at high risk. Aliyah's strengths include that when she is happy she will smile, and her mom mentioned she also has a strong spirit and that others can feel her presence. Aliyah is patient and she deals well with hardships. Aliyah's mom hopes to consider eye gazing technology for Aliyah so she can better communicate. Aliyah also loves to travel, lighting up and smiling when she does. Her mom hopes to continue to travel at least once per year and that the family hopes to go on an RV trip around the country in the future.

SUPPORTS DISCUSSED:

Aliyah receives consumer directed community supports (CDCS) through her Developmental Disabilities (DD) Waiver. Her Rule 185 case manager continues to monitor and coordinate her services to ensure they are best meeting her needs.

PERSON INFORMATION

Date of Birth: 02/25/1990 Age: 30 yrs

Emergency Contacts

Name	Relationship	Phone
Ludfi Noor	Parent	(651) 353-9921
Teresa Noor	Parent	(651) 353-9920

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
Teresa Noor	Private Guardian	137 Myrtlewood Ct, Stillwater, MN 55082	(651) 353-9920
Ludfi Noor	Private Guardian	137 Myrtlewood Ct, Stillwater, MN 55082	(651) 353-9921

Notes/Comments

Health Insurance & Payers

Is the person certified disabled by Social Security or through the State Medical Review Team (SMRT) process? Yes
 Is the person on medical assistance? Yes

Type	Describe	Policy Number	Effective Date
Medical Assistance	DX DISABLED/ NO SUB-TYPE	01511521	06/01/2011
Medicare - Part A		8VC5HH4AW67	07/01/2019
Medicare - Part B		8VC5HH4AW67	07/01/2019
Medicare - Part D		8VC5HH4AW67	07/01/2019

Notes/Comments

Providers

Health Care Providers	Phone	Comments
Primary Physician	(651) 326-5700	Robyn S. Tabibi, MD/ HealthEast Roselawn Clinic - Saint Paul, MN
Dentist	(651) 290-8707	Gillette Children's Specialty Healthcare - Saint Paul, MN
Pharmacy	(651) 439-7476	Walmart - Oak Park Heights, MN

Health Care Providers	Phone	Comments
Other	(651) 290-8707	Gillette Children's Specialty Healthcare - Saint Paul, MN
	Hospital of Choice	
Other	(651) 432-4803	PICS - Saint Paul, MN
	CDCS FMS Agency	
Other	(651) 748-0373	PAI - Oakdale, MN
	DT&H	

Notes/Comments**WHAT'S IMPORTANT TO THE INDIVIDUAL****Goals related to how you want to live your life:**

Quality of Life: To have good days with less pain, feeling good overall.

Activities of Daily Living: To be informed what the next step is in the personal care task.

Instrumental Activities of Daily Living: To receive support completing all home and community tasks.

Health: To remain in good health.

Psychosocial: To receive helpful intervention when upset including back rubs and soothing words.

Memory & Cognition: To continue to receive DD Waiver services.

Safety & Self-Preservation: To feel safe in her home and in her community.

Sensory & Communication: To gain communication skills.

Employment, Volunteering & Training: To return to PAI when it is safe for her to do so.

Housing & Environment: To continue living with her family.

Self-Direction: To receive parent support with decision-making.

Caregiver: To receive primary care from her parents who best understand her.

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
To continue to travel with her family. To gain communication skills, possibly with eye gazing technology.	12/31/2021 12/31/2021		

Action Steps for Goals:

What will the person do?

Aliyah will continue to participate in informal and formal support to build and maintain skills necessary to achieve her goals.

What will the case manager do?

Aliyah's case manager will monitor ongoing supports and services and provide referrals or authorizations as needed to support her preferences, needs, desires and identified outcomes. Case manager will provide check-ins with Aliyah and her team via phone or email as needed and will meet with her on a semi-annual basis or more as requested.

What will others do?

Aliyah's parents/guardians will provide ongoing support, encouragement, advocacy, coordination of services, and access to additional supports and resources, as available and appropriate, to support her preferences, needs, desires, and identified outcomes.

What will the provider do?

Chosen service providers will provide services to help support Andy based on his preferences, needs, desires and identified outcomes.

SUMMARY OF NEEDS

Quality of Life: A good day for Aliyah is when she doesn't have pain and she feels good overall. After having a seizure and recovering after a few days, she will dance by moving around her head- letting people know she is doing better. A bad day for Aliyah is when she is told "no" or if she is told to wait as she wants to be in the know. She doesn't like being excluded from events with family and friends. Aliyah may have a bad day if she is in constant pain, and she will cry and scream when the pain is too much. A bad day would also occur for Aliyah if she has a seizure, which would then likely result in another few bad days after as she has a hard time swallowing, drinking, breathing, etc. Aliyah doesn't like to be cold as this causes her pain. Aliyah enjoys being with other people, but she may become overstimulated after a prolonged period of time with lots of action and commotion. Aliyah likes sensory activities, using her aromatherapy neck wrap, being outdoors, dancing, movies- including Harry Potter films, watching HGTV, massages, and going for walks. She likes to listen to music, especially by Mariah Carey, Taylor Swift, and Keith Urban. She likes enjoying food, including root beer floats made from natural ice cream and soda from organic ingredients from the local co-op. She loves water and likes swimming at the Courage Center and soaking in the family's deep tub. Aliyah likes to travel and enjoys new places to visit and explore. The family hopes to take an RV trip around the country. Aliyah loves to go to Gooseberry Falls, her mom mentioned she lights up and smiles when she goes here. Aliyah likes to spend time with her family. She has many friends at PAL and she looks forward to being with them. Aliyah also has some friends in the community that come over and volunteer a couple of hours with her. They will read to her and she seems to enjoy it. Aliyah also has some past caregivers that will come and visit with her as well.

Personal Assistance: Aliyah needs help with all personal care tasks. It is important that Aliyah's caregiver informs her what the next step is while the task is being completed as it seems to keep her calm as she may otherwise scream if not told. **EATING:** Aliyah is assisted with eating from her right side to help aide in digestion. Her parents provide some hand over hand assistance, however she cannot control her hand purposefully so she is fed by others. Her food is prepared to a ground texture. She has a history of choking and has difficulty with chewing and swallowing, so supervision is required. After Aliyah has a seizure she has more difficulty swallowing her food and drinking due to the muscle spasms. She may respond to a light touch on her throat to cue her to drink. She uses plastic utensils because she bites them. She is lactose sensitive and follows a low glycemic diet. She avoids dairy due to sensitivities, but will receive digestive enzymes and eat yogurt and once in a while ice cream. Aliyah avoids aspartame as her parents report it increases seizure activity. Aliyah's caregivers utilize the following eating equipment, bibs due to drooling out the right side of her mouth and a food processor to ground her food. **BATHING:** Aliyah is never left alone during bathing. Parents monitor the water temperature, transfer her in and out of the tub/shower, wash her body and hair, and dry and dress her. Aliyah has a walk-in shower and a tub with a ceiling lift. Parents will utilize the ceiling lift into a roll-in shower chair. Her mom described the bathroom as a wet room. When taking a bath, she will be lifted into the tub in a harness and she will stay in the harness in the tub. Her parents will utilize a flexible shower head to rinse her. Her mom mentioned that they have Velcro that holds her hands down during the shower to ensure her hands aren't hitting her face during the task. One person is able to bathe her as long as her hands are held in place. **DRESSING:** Aliyah's lower and upper body is dressed by her parents. Her mom reported that after Aliyah's

shower, she is transferred onto her bed, then dried, and then dressed on her bed. She said that Aliyah has a difficult time sitting upright, so parents will sit her up and hold her while dressing her upper half. Aliyah can help by minimally lifting her arm. She typically wears loose clothing including elastic pants. **HYGIENE/GROOMING:** Aliyah's parents brush her teeth, comb her hair, and trim her nails. She will get nervous when getting her nails clipped. She will also scream if it hurts when getting her long hair brushed as it easily gets tangled. Aliyah's mouth is sensitive and she is used to her mom brushing her teeth, if someone else tries she may move her head away. **TOILET USE:** Aliyah wears a brief during the day, but sometimes she is able to use the toilet with assistance. Her mom mentioned the ability to use the toilet is unpredictable as she has no control of her bladder. She is toileted every day, multiple times during the day at regular times. Aliyah does experience incontinence issues throughout the day. Aliyah will scream if she needs to have a bowel movement (BM) and her mom mentioned this usually occurs around 3pm daily. She will only have a BM accident if she has diarrhea issues that day. Aliyah's mom said they need to come up with a safer option for toileting Aliyah for a BM as she cannot hold her position. During the night, she wears an overnight diaper. She is changed on her bed every morning as she has incontinence issues every night. She has a chux under her in her bed and her mom mentioned that she will urinate right when her diaper is removed. Aliyah's mom reported she is not toileted in the morning due to being stiff. Aliyah depends on others to change and clean her. **MOBILITY:** Aliyah uses a wheelchair that is pushed by others for all of her mobility needs. A ramp was added to the deck of her home in 2018 to allow a secondary exit point in the case of an emergency and/or elevator malfunctions. **POSITIONING:** Aliyah is assisted by PAI staff in her stander 2-3 days per week for 20-30 minutes in duration. She has a severe curvature of her spine and she needs to be repositioned frequently to help keep her spine as straight as possible and to strengthen her spine. Aliyah will slump to her side in her wheelchair and she needs caregiver to gently straighten her body to keep her spine as straight as possible. Aliyah is repositioned in her bed at least a couple of times per night. She has wedges in bed for positioning purposes. **TRANSFERS:** Aliyah is assisted when transferring. Her mom said they have a lift in her bedroom, bathroom, and downstairs. She can be transferred from her bed to her chair with parent support. Aliyah's car chair comes out and down for easy transfers.

Home Management: Aliyah benefits with support completing all home and community tasks. **MEDICATION MANAGEMENT:**

Aliyah's parents reorder, set-up, and administer her medications. Her pills are added into her food and her CBD oil is provided via syringe. **MEAL PREPARATION:** Aliyah's parents prepare all of her meals. She loves her dad's Malaysian cooking.

TRANSPORTATION: Aliyah requires a wheelchair accessible van to safely access the community. In 2018, Aliyah's family van was modified to add an electronic captain's chair to safely transfer Aliyah in and out of the vehicle. This allows her to stay well supported and safely fastened in the captain's chair during transport, rather than riding in her wheelchair which can be uncomfortable for her. PAI drives her to and from the program. **HOUSEWORK:** Aliyah's parents complete all of the housework. **TELEPHONE USE:**

Aliyah's parents complete all calls to address her needs. **SHOPPING:** Aliyah seems to enjoy shopping with her parents. She will go to the mall in the winter and downtown Stillwater in the warmer months. **FINANCES:** Aliyah's parents oversee her finances and are her rep. payees.

Health Related/Medical: Aliyah's health is good with immediate health concerns including urinary tract infection (UTI) issues.

She experienced two UTI's in the past year. One time, she was brought to the hospital and she stayed in the hospital for a couple of

days due to the UTI causing an increase in seizure activity. While in the hospital, Aliyah started an additional seizure medication, Keppra. Eventually, however this medication started symptoms of depression for Aliyah, so she is currently being weaned off of it. Aliyah will take Diazepam if her seizure lasts 2-5 minutes. She takes Lamotrigine in the morning and at night for seizures. Her Lamotrigine will be increased after being weaned off her Keppra. Lamotrigine causes sensitivity to the sun, so she can only be exposed to sunlight for 15 minutes as she is prone to skin cancer. Aliyah is allergic to amoxicillin. She experiences a reverse reaction when taking Vicodin and related medications, as it makes her hyper. She is to avoid these types of medications. Aliyah is on top of her preventative health care needs with her parents ensuring her appointments are scheduled and attended. Aliyah saw her primary care doctor one time in the last year for a remote check-in. Aliyah is diagnosed with osteogenesis imperfecta resulting in very brittle bones and easy breakage. She has broken her legs in the past. Aliyah has sensitive feet pads. She wears ankle-foot orthosis supports (AFO's) sometimes during the day, but not to PAL. It is also important to ensure her ankles flex. One of her legs is significantly shorter and her body is very rigid. Aliyah is diagnosed with other generalized epilepsy and epileptic syndromes, not intractable, without status epilepticus (G40.409). She has Clonic Tonic seizures that can last up to 3 minutes in duration. Aliyah has developed neuromuscular scoliosis and has a diagnosis of congenital deformity of spine (Q67.5). She has a very long thoracic scoliosis curve, with a 49 degree curvature of the spine. Aliyah wears mouth guard on her bottom jaw every night and sometimes during the day due to grinding her teeth. When grinding her teeth, she will develop headaches and as a result she will hit herself in the face. Aliyah's two front top teeth are nearly broken off. Her teeth must be brushed after eating. Due to her condition, Aliyah has a hard time breathing, she will hold in and swallow air all day long. Since she doesn't move in bed, it is important that her parents make sure her airway is open during the night when she sleeps. After seizures, she may hold her breath until she turns blue. Aliyah has skin flare-ups likely due to diet, stress, or a change in product. Her skin, which is anywhere where there is hair- often in her hair and near her ears and eyebrows, is managed with various types of creams. Her skin will crust, peel, and bleed when scratched. Diarrhea and constipation is a concern for her, however as long as her diet is managed this is less of a concern. Aliyah experiences incontinence. Aliyah is at risk for heart issues, her heart is checked every five years and there are currently no concerns. Aliyah experiences frequent pain in her body. Aliyah's pain is reduced by her chi machine, heated blanket, adapted pillows, wedges, soaking in the tub with Epsom salts, and CBD oil every morning and night. Every 6 months, Aliyah receives Botox injections in her jaw, upper right shoulder, and hip area. Aliyah sleeps well through the night unless if she is in pain. If she is in pain, she will call out to her parents and they will come reposition her. Her parents have a camera in her room to monitor her. Aliyah has had surgery for releasing the tendons in both of her knees. She also had a surgery when she was 3 years old on her hip as the doctors believed she had an infection. After this, she never walked again and she experienced inflammation for many years. Aliyah receives and loves her weekly in-home massages. Her mom reported she hopes to increase this to twice weekly as it helps with Aliyah's rigid body. In the past, Aliyah participated in swimming at Courage Kenny, but they discontinued this due to needing a support staff to bring her as Aliyah's mom is allergic to chlorine and her dad can't assist due to his heart concerns. Aliyah's mom hopes to find a staff/volunteer that can bring her to swim.

Cognitive and Behavior Supports: Aliyah is sensitive to the emotions of others and can become upset and cry uncontrollably as a result. She can become upset when hungry, tired, uncomfortable, or in pain. Aliyah will get nervous and scared

when she doesn't know what others are going to do. As her caregiver, it is important to communicate what you will be doing to assist her, especially if that caregiver is new. She will yell and become resistive to care. She will also scream if she is left alone only for a few minutes, she wants to be around others always. Aliyah will engage in self-injurious behaviors when upset. She may twist and pull her hair, sometimes cutting off the circulation to her fingers. She will also scratch her eyes or hit her face with both hands, until it is black and blue. Aliyah may also bite down on herself. Aliyah may also bite down on others, especially while others are assisting her with her care needs. She may unintentionally hit someone when swinging her arms. If Aliyah is close enough to objects in her environment, she will engage in property destruction if she is frustrated or in pain. For example, if she is close enough to an item, she will knock it over. When Aliyah is upset, it helps to rub her back or to use soothing words with a soft voice. She also likes to be left alone in a room that is quiet with a weighted blanket. Aliyah will eat whatever she can get in her hands. She will eat soap or anything within her reach or on her tray. Aliyah is susceptible to victimization increasing her level of risk, harm, or exploitation. She requires a 24 hour level of care and supervision; Aliyah is diagnosed with profound intellectual disabilities (F73). Records also note a diagnosis of Rett Syndrome and Asperger's syndrome (F84. 5). Based on the information available, Aliyah qualifies for I/DD case management according to Rule 185. Aliyah's needs have not changed in this area based on previous assessment. Rule 185 case management should continue at this time and a MnCHOICES assessment should be offered to Aliyah on an annual basis to redetermine eligibility for services.

Personal Security: Aliyah is considered a vulnerable individual and is at risk of neglect, abuse, or exploitation by another person. Aliyah requires a 24 hour plan of care, supervision, and support (verbal and physical prompts) to be successful with self-preservation. Aliyah receives staff and family support to ensure her health and safety needs are being met. Aliyah will receive support from her staff and family in the case of an emergency.

Communications: VISION: Aliyah has impaired vision. She used to wear glasses, but they wouldn't stay on her due to her hitting them off. If she wore them still, they would likely give her a headache. When outside, it is important that Aliyah wears sunglasses otherwise she will look right into the sun. Aliyah's mom is considering having her vision checked again to see where things are at. HEARING: Aliyah's hearing is difficult to assess, and there may be mild hearing loss. When Aliyah was young, she didn't respond to the sound of a fog horn. Her mom reported after months of therapy, she did react to the sound of a fog horn. Aliyah's mom said that one of her ears has scar tissue and she believes she cannot hear well out of it. COMMUNICATION: The use of augmentative technology such as switches have been used with some success. Aliyah has limited receptive communication and expressive communication. Her mom reported that they are trying to get her to answer yes/no questions with her eyes, however this is not consistent. Aliyah's parents are currently looking into the possibility of the Eye Gaze computer and software to allow Aliyah more control with making her choices and preferences known. They said the barrier to this is the staffing and training that would need to be involved. SENSORY: Aliyah is sensitive to being around too many people, her mom mentioned she is sensitive to other people's energy. She is over stimulated due to too many media's or different noises at one time- she usually will zoom out and fall asleep if this happens. Aliyah become nervous if the family's pet dog is barking too much. Aliyah is sensitive to cold temperature, she will become stiff and in pain. She doesn't like tomato type foods.

Employment/Training/Skill Building: Due to the health emergency, Aliyah is staying at home during the day, no longer

attending Phoenix Alternatives, Inc (PAI) in person. She was participating in some remote services with PAI, however this is on hold due to PAI's staffing needs. Aliyah will not return to PAI until it is safe for her to do so as she is at high risk. Typically, Aliyah attends PAI in Oakdale every Monday through Wednesday. She doesn't participate in work, and rather participates in leisure and activities. She enjoys music therapy, Art Appreciation group, and Treat Yourself group. She enjoys hanging out with her peers.

Supportive Services: Aliyah lives in Stillwater with her mom, dad, and twin sister. She seems to love the quietness and safety of her home. Aliyah's mom reported that they have started a conversation in regards to moving in the next 5 to 10 years. She said they are considering looking into a group home setting for Aliyah and her sister in case if something happens to her and Aliyah's dad. Aliyah's mom said they may sell their home and then buy two homes next to each other, one for the girls (and other potential housemates) and another for the parents.

Self-Direction: Currently, Aliyah's parents are her legal guardians and they are also a great asset for Aliyah and a great resource for assisting Aliyah with making decisions.

Caregiver/Parent Support: Aliyah's parents are paid parents for her under the consumer-directed community supports (CDCS) program. Her sister-in-law is a respite caregiver for her. Aliyah's sister-in-law and her older brother, who live in Shoreview, will help out by staying over at her house when her parents need time off. They typically help out a few times per year for a few days or more at a time. Aliyah has visits from a couple of volunteers who come over about once per month for a few hours. They tend to read to her and help with a meal. Aliyah's mom reported they have a support staff who assists with a bath every week, however they hope to also receive support with a meal every week too. Aliyah has a younger sister who moved to Denver, who will provide respite support as able when she visits home.

RECOMMENDED REFERRALS

Sensory & Communication: Referrals Needed: Assistive Technology - Eye Gaze computer and software
Housing & Environment: Referrals Needed: Other - group home setting options for the future

INFORMAL CAREGIVERS

Name	Caregiver Relationship	Lives with Person	Caregiver Role	Type of Care
Ludfi Noor	Parent	<input checked="" type="checkbox"/>	Primary Caregiver	<input checked="" type="checkbox"/> ADLs <input checked="" type="checkbox"/> IADLs <input type="checkbox"/> Habilitation <input checked="" type="checkbox"/> Community Access <input checked="" type="checkbox"/> Supervision <input checked="" type="checkbox"/> Social Interaction <input checked="" type="checkbox"/> Health & Medical

Name	Caregiver Relationship	Lives with Person	Caregiver Role	Type of Care
Teresa Noor	Parent	<input checked="" type="checkbox"/>	Primary Caregiver	<input checked="" type="checkbox"/> ADLs <input checked="" type="checkbox"/> IADLs <input type="checkbox"/> Habilitation <input checked="" type="checkbox"/> Community Access <input checked="" type="checkbox"/> Supervision <input checked="" type="checkbox"/> Social Interaction <input checked="" type="checkbox"/> Health & Medical

Notes/Comments

RISKS

How will Health and Safety Issues be Addressed?

Aliyah's health and safety concerns/issues will be addressed in her CSSP as well as her IAPP, SMA, and CSSP addendum from her formal providers. She will be provided a 24 hour plan of care and supervision to ensure her health and safety.

NEXT STEPS:

- You will work with an assessor or case manager to develop a Coordinated Services and Supports Plan for the public program you have chosen.
- We are waiting for:
- For help locating services and supports options in this Community Support Plan, these are resources you can contact:
 - www.Minnesotahelp.info
 - Disability Linkage Line® (Hub) 866-333-2466
 - Senior LinkAge Line® (SLL) 800-333-2433
 - Veterans Linkage Line™ (VLL) 888-546-5838

Comments:

APPEAL INFORMATION

If you are dissatisfied with the county agency/fribe or managed care organization's action, or feel they have failed to act on your request for home and community based services, you have the right to appeal within 30 days to your agency*, or write directly to:

Minnesota Department of Human Services Appeals Office
P. O. Box 64941
St. Paul, MN 55164-0941

Call:
Metro: 651-431-3600 (Voice)
Outstate: 651-657-3510
TTY: 800-627-3529
Fax: 651-431-7529

Online filing:
<https://edocs.dhs.state.mn.us/ItsServer/Public/DHS-0033-ENG-eform>

If you want to have your services continue during an appeal, you must file within 10 days after you receive a notice from your agency about a reduction, denial or termination of your services.

If you show good cause for not appealing within the 30-day limit, the state agency can accept your appeal for up to 30 days from the date you receive the notice.

* If you are enrolled in a managed care or organization you also have the option to appeal directly with your managed care organization.

651-431-2400 or 800-747-5484

Attention: If you need free help interpreting this document, call the above number.

تۆھمەت: ئەگەر سىز بۇ ھۆججەتنى ئۆزۈڭىز ئوقۇيەلمەيسىز، بۇ ھۆججەتنى ئۆزۈڭىز ئوقۇيەلمەيسىز.

تۆھمەت: ئەگەر سىز بۇ ھۆججەتنى ئۆزۈڭىز ئوقۇيەلمەيسىز، بۇ ھۆججەتنى ئۆزۈڭىز ئوقۇيەلمەيسىز.

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1113-0908 (1-1)

What if I feel I have been discriminated against?

Discrimination is against the law. You have the right to file a complaint if you believe you were discriminated against because of race, color, national origin, religion, creed, sex, sexual orientation, public assistance status, age or disability. To file a complaint, contact:

- Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
- Call 651-431-3040 (voice) or Minnesota Relay at 711 or 800-627-3529 (toll-free).
- Minnesota Department of Human Rights
Freeman Building
625 N. Robert St.
St. Paul, MN 55155
Call 651-539-1100 (voice), 651-296-1283 (TTY) or 800-657-3704 (toll-free).

U.S. Department of Health and Human Services' Office for Civil Rights prohibits discrimination in its programs because of race, color, national origin, disability, age, religion or sex. Contact the federal agency directly at U.S. Department of Health and Human Services Office for Civil Rights, Region V, 233 N. Michigan Ave, Suite 240, Chicago, IL, 60601. Call 312-886-2359 (voice), 800-537-7697 (TTY) or 800-368-1019 (toll-free).

This information is available in accessible formats for individuals with disabilities by calling 651-431-2600, toll-free 800-882-6262, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.