



MnCHOICES Assessment: How to get help

Are you in need of support to remain in your home or the community?

A person of any age in need of long-term services and supports can ask for an assessment.

- Anyone can receive an assessment regardless of financial status.
- Call your county or tribal nation to request an assessment and request an interpreter if you need one.



What is a MnCHOICES Assessment?

The assessment helps determine public programs that might pay for your services or helps you learn about other options if you do not qualify for publicly funded programs.

- It is a free in-person visit where you live or at a place of your choice.
- It should occur within 20 calendar days of your request.
- It will help identify your support needs, services or programs to meet those needs and how to get those services.

How should I prepare?

- Think about what is important to you regarding where you live, work, and play. Do you have any challenges, and barriers in doing the things you like?
- Invite any family, friends or others to attend your assessment.
- Gather a list of your medications.
- Allow about two hours for the visit.

MnCHOICES Assessment: What you can expect

What will the assessor ask me?

- Where and how you want to live, work and participate in your community.
- How you like to spend your time and with whom.
- How you take care of your day-to-day personal needs.
- How you manage your home and your physical and emotional health.
- If you have any concerns or other challenges that affect your ability to live as you age.

How will an assessment help me?

It may help you:

- Understand your strengths and needs
- Identify the services and supports that can help you live where you want
- Understand how to apply for Medical Assistance
- Access publicly funded programs such as MA waivers, Community First Services and Supports or other services and supports.

What happens after the assessment?

After the interview, the assessor will summarize what they learned about you and your needs, discuss eligibility and outline services and supports that may help.

You will receive:

- A summary of the assessment and programs you may be eligible for.
- A written plan that summarizes your care needs and options for services and supports in your community. You can use this to seek services that will support your life.



ALL PHOTOS USED ARE STOCK PHOTOGRAPHY

To schedule a MnCHOICES assessment, call the county where you live or tribal nation

- Unsure of the county you are living in? In your Internet browser type “MN County” and the city you are living in or contact your City government center or children’s school district.
- Use the Minnesota Department of Human Services tribal and county online directory to find contact information for the county health care office. (<https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/contact-us/county-tribal-offices.jsp>)
- Wondering about your legal status and receiving public services? Speak with your county human services.

These resources are available to assist you:

- If you are seeking a MnCHOICES Assessment to address needs related to a mental illness, developmental disability, substance use disorder, or serious emotional disturbance and you have concerns about getting an assessment scheduled, the assessment process itself, or assessment results, contact the Office of Ombudsman for Mental Health and Developmental Disabilities at 651-757-1800 or 800-657-1800.
- If you live in a long-term care setting and have questions or concerns about the MnCHOICES assessment process, ask staff in your long-term care setting, your care coordinator at your health plan, or your county or tribal nation case manager.
If you experience challenges when working with these resources contact the Office of Ombudsman for Long Term Care, 800-657-3591.
- Disability Hub MN – disabilityhubmn.org or 866-333-2466
- Senior LinkAge Line – mn.gov/senior-linkage-line or 800-333-2433



For accessible formats of this information or assistance with additional equal access to human services, email us at dsd.responsecenter@state.mn.us, call 651-431-4300, or use your preferred relay service. ADA1 (3-24)

NO ENGLISH



651-431-4300

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

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သျှ်ဟ်သးဘၣ်တက့ၢ်. ဝဲန့ၢ်လိၣ်ဘၣ်တၢ်မၤစၢၤကလီလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်, ကိးဘၣ်လိၣ်တဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງໂທໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.