

COMMUNITY RESOURCE CONNECTIONS

MS

General

- **Multiple Sclerosis Foundation:** Offering many support networks, grants for various needs including transportation, homecare assistance, assistive technology, and more.
 - <https://msfocus.org/home>
 - 888-673-6287
- **National Multiple Sclerosis Society:** A variety of focuses in supporting people living with MS and their loved ones.
 - MS Navigator Helpline at 1-800-344-4867
 - Website: <https://www.nationalmssociety.org/>
- **Minnesota Center for MS:** Provides tools, guidance, and support designed to help people navigate MS with confidence.
 - 763-344-4770
 - <https://mncenterforms.com/>

Non-Emergency Transportation

- **Metro Mobility:** Paratransit services for people whose disability or health condition prevents them from using fixed-route transit.
 - <https://www.metrotransit.org/metro-mobility>
 - Complete an application with your medical provider.
 - 651-602-1111, Metromobility@metc.state.mn.us
- **Medical Transportation Management, Inc. (MTM):** Provides transportation in addition to other services including home based therapies, caregiver support,
 - Phone Number: 866-467-1724 or 651-645-9254
 - Website: <https://www.mtm-inc.net/minnesota/>
- **Transportation Assistance Grant:** Provides funding for reasonable paratransit fees. Coverage for Lyft and Uber is offered medical care appointments and needs.
 - <https://msfocus.org/Get-Help/MSF-Programs-Grants/Transportation-Assistance-Grant>
 - 888-673-6287, transportation@msfocus.org

Private Pay Home Care & Services

- **Home Care and Community First Services and Supports via MN Department of Human Services**
 - Home care services available in residence to MA and MinnesotaCare recipients who have medically necessary needs according to written service plan from physician.

- DHS.CFSS@state.mn.us
- <https://mn.gov/dhs/disability-aging/home-and-community-services/programs-and-services/cfss/>
- **All About Caring Home Care:** Nurse-led homecare offering a variety of support. Long-term care insurance, Medicaid, VA, and private pay are accepted.
 - 763-373-7157
 - <https://allaboutcaringhomecaremn.com/minneapolis-mn/>
- **Comfort Keepers:** In-home care in Twin Cities for medical and non-medical support.
 - 651-796-2540
 - <https://www.comfortkeepers.com/offices/minnesota/twin-cities/>
- **Dignified Choice Care:** Private company offering homecare support in the Twin Cities.
 - Phone Number: 952-392-8868
 - Email: info@dignifiedchoicecare.com
 - Website: <https://dignifiedchoicecare.com/>

Nutrition

- **National Multiple Sclerosis Society**
 - Website: <https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Diet-Nutrition>
- **Multiple Sclerosis Trust**
 - Website: <https://mstrust.org.uk/information-support/diet-ms/healthy-eating>