Where do I start?
A person of any age with a disability or in need of long-term services and supports can ask for a MnCHOICES assessment. You do not need to be eligible for Medical Assistance or any other publicly funded program to receive an assessment. Call your county or tribal nation to request an assessment. For more information contact one of the following resources:

- Disability Hub MN – www.disabilityhubmn.org or 866-333-2466
- Senior Linkage Line – www.seniorlinkageline.com or 800-333-2433

What is a MnCHOICES assessment?
The MnCHOICES 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 free to you.
- It will occur within 20 calendar days of your request.
- It is an in-person visit where you live or at a place of your choice.
- It will help identify:
  - Your support needs
  - Services or programs to meet those needs
  - How to get those services.

How should I prepare?
- Think about what is important to you regarding:
  - Where you live, work and how you participate in your community
  - Any challenges, barriers and concerns you have doing the things you like
  - If you want any family, friends or others to attend your assessment
- Gather a list of your medications.
- Allow about two hours for the visit.
- Visit the DHS MnCHOICES Assessment and Support Plan website for more details about the MnCHOICES process.
**MnCHOICES Assessment: What you can expect**

**What will the MnCHOICES certified 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 choose.

**How will a MnCHOICES assessment help?**
It may help you:
- Understand your strengths and needs.
- Identify the services and supports that can help you live where you want.
- Identify if you may be eligible for Medical Assistance.
- Access publicly funded programs such as MA waivers, Personal Care Assistance (PCA) or other services and supports.
- It helps you learn about and have help accessing other support options.

**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 copy of a planning worksheet at the assessment that outlines the services and supports you may be eligible for.
- A written plan that summarizes your care needs and options for services and supports.

**What are my rights?**
- You have the right to privacy.
- You have the right to be free from discrimination.
- You have the right to appeal if you disagree with the results of the assessment.
- You have the right to an interpreter at no cost to you.
Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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