

# Technology Resource Page

## This page has resources about:

- This project
- Where to go if your rights are restricted
- Help getting and using technology

## About this project:

Regional Quality Councils	The Regional Quality Councils (RQCs) were made from the State Quality Council. The RQCs monitor and improve services for people with disabilities and encourage community involvement.	<a href="https://qualitycouncilmn.org/">https://qualitycouncilmn.org/</a> 833.450.1494
The Arc Minnesota	The Arc Minnesota supports the rights of people with intellectual and developmental disabilities and their families. We help them to be included and participate in their communities. People of any age with intellectual and developmental disabilities and their family members can contact The Arc. Our staff can answer many questions.	<a href="https://arcminnesota.org/">https://arcminnesota.org/</a> 833.450.1494

## Where to go if your rights are restricted

The Office of Ombudsman for Mental Health and Developmental Disabilities	The Office of Ombudsman for Mental Health and Developmental Disabilities assists with the following: <ul style="list-style-type: none"><li>• Concerns or complaints about services</li><li>• Questions about rights</li><li>• Grievances</li><li>• Access to services</li><li>• Ideas for making services better</li><li>• Review guardian actions</li><li>• Gueneral questions or information</li></ul>	<a href="https://mn.gov/omhdd/">https://mn.gov/omhdd/</a>
Disability Law Center	The Minnesota Disability Law Center provides free civil legal assistance to individuals with disabilities statewide on legal issues related to their disabilities. All individuals with disabilities are eligible to receive help, regardless of age or income level.	<a href="http://mylegalaid.org/">http://mylegalaid.org/</a> 612-332-1441

# Getting technology

<p>PCs For People</p>	<p>PCs for People provides affordable computers and low-cost internet to eligible individuals and nonprofits. They offer the following:</p> <ul style="list-style-type: none"><li>• Refurbished desktop &amp; laptop computers</li><li>• Low-cost mobile Internet</li><li>• Affordable computer repair</li></ul>	<p><a href="https://www.pcsforpeople.org/get-technology/">https://www.pcsforpeople.org/get-technology/</a></p>
<p>Minnesota Microgrant Program (The Arc Minnesota)</p>	<p>The Minnesota Microgrant Partnership offers small amounts of money to persons with disabilities to achieve their goals around:</p> <ul style="list-style-type: none"><li>• Competitive, integrated employment</li><li>• Accessible, inclusive housing</li><li>• Community integration</li></ul> <p><b>Applications are accepted until APRIL 16, 2021</b></p>	<p><a href="https://arcminnesota.org/minnesota-microgrant-program">https://arcminnesota.org/minnesota-microgrant-program</a></p> <p>952-920-0855</p>
<p>STAR: Minnesota Department of Administration Assistive Technology</p>	<p>STAR is a program through the MN Department of Administration. They offer the following:</p> <ul style="list-style-type: none"><li>• Device loan and exchange</li><li>• Device demonstrations</li><li>• Online training and technical assistance</li><li>• Reuse services</li><li>• Information and assistance</li></ul>	<p><a href="https://mn.gov/admin/star/program-services/">https://mn.gov/admin/star/program-services/</a></p>

## Need More Help?

We are here for you! The Regional Quality Councils can help you find resources and trainings for your needs! Contact us at:

833-450-1494

[info@arcminnesota.org](mailto:info@arcminnesota.org)

The Regional Quality Councils were made to monitor and improve quality of services and overall quality of life for people with disabilities. Learn more about us at our website:

<https://qualitycouncilmn.org/>