

Access to Medical Care: Resource Guide

MDA Resources

[MDA.org](https://www.mda.org) is a great place to find programs and resources to support you, a few of those resources are listed below. The [MDA Resource Center](#) is also available to help you navigate MDA's wide array of resources and also connect you with outside organizations that can help.

- [Meet the MDA Care Center Team](#)
- [MDA Care Center Locator](#)
- [MDA Mental Health HUB](#)
- [MDA Emergency Resources Page](#)
- [MDA Emergency Room Alert Summary](#)
- [MDA Print Materials](#)
- [MDA Checklist for People with Neuromuscular Diseases: Preparing for Emergencies](#)
- [MDA Toolkit: Printable Resources](#)
- [MDA Young Adult Resources](#)
- [MDA Health Insurance Worksheet](#)

MDA Engage

MDA Engage virtual educational events empower individuals and their families with knowledge and resources shared by experts in the neuromuscular disease field. Recent events about medical equipment and assistive devices are listed below:

MDA Engage Community Education Seminars

- [MDA Engage: Dental Health and Neuromuscular Disease](#)
- [MDA Engage: Myasthenia Gravis \(MG\) Symposium](#)
 - "Shared Decision Making And Self- Advocacy" at 1:08:19
- [MDA Engage: Transitions Care from Pediatric to Adult](#)
- [MDA Engage: Adaptive Driving](#)

MDA Access Workshops

- [Access To Coverage: Insurance](#)
- [Access To Coverage: Equipment And Assistive Devices Workshop](#)
- [Access To Education: K-12](#)
- [Access To Education: Higher Education](#)

For upcoming MDA Engage Events, please visit mda.org/engage.

MDA Quest Media

Quest Media is an innovative adaptive lifestyle platform from MDA. With the power of this platform, we foster awareness and empowerment and have important conversations with experts, thought leaders, and members of the neuromuscular disease community about topics that matter to them and to the larger community of individuals with disabilities.

- [MDA Quest Magazine: Going to the Emergency Room: Tips for People with Neuromuscular Diseases](#)
- [MDA Quest Media Article: How to Speak Up for Your Healthcare Needs in Hospitals and Doctors' Offices](#)
- [MDA Quest Media Article: MDA Peer Connections Helps MDA Families Find Others with Shared Experiences](#)
- [MDA Quest Blog: How Parents Can Help Kids Prepare For Adult Life](#)
- [MDA Quest Podcast: Buses, Trains & Automobiles – Getting from Point A to Point B](#)
- [MDA Quest Blog: 10 Tips for Finding Personal Care Attendants](#)
- [MDA Quest Magazine: Home, Sweet Modified Home](#)

Resources from our Sponsor –

Resources From This Workshop

- Healthcare.gov –
 - [Dental Coverage In the Marketplace](#)
 - [The Children's Health Insurance Program \(CHIP\)](#)
 - [Mental Health & Substance Abuse Coverage](#)
 - [Deductible Defined](#)
 - [Local Assistance Locator](#)
 - [The Marketplace In Your State](#)
 - [Find Local Help](#)
- Center For Health Care Strategies, Inc. – [Medicaid Adult Dental Benefits Coverage by State](#)
- Centers For Medicare & Medicaid Services
 - [Understanding Medical Costs In Advance](#)
 - [Example Good Faith Estimate](#)

- [Protections Against Surprise Medical Bills](#)
- [Complaints About Medical Billing](#)
- [Let Medicaid Give You A Ride](#)
- [Beneficiaries Dually Eligible For Medicare & Medicaid](#)
- The Department Of Health And Human Services
 - [Your Rights Under Section 504 of the Rehabilitation Act](#)
- Medicare.gov
 - [Medicare Coverage of Mental Health Services](#)
 - [Medicare Dental Services Information](#)
 - [How Do I Change My Address With Medicare](#)
 - [Special Enrollment Periods](#)
- Medicare.org
 - [Does Medicare Cover Vehicle Modifications?](#)
- Medicaid.Gov
 - [Behavioral Health Services](#)
 - [Medicare Part B Mental Health Care Coverage](#)
 - [Medicaid State Overviews](#)
 - [Home & Community-Based Services](#)
- Insurekidsnow.gov
 - [Find Coverage For Your Family \(CHIP & Medicaid\)](#)
- Health Resources & Services Administration
 - [Women's Preventative Services Guidelines under the Affordable Care Act \(ACA\)](#)
- Psychology Today – [Find a Therapist](#)
- MentalHealth.gov
 - [How To Get Mental Health Help](#)
- Association of Child Life Professionals-
 - [Find Child Life Services](#)
- Department of Veteran's Affairs
 - [VA Locator Tool](#)
 - [Civilian Health and Medical Program of the Department of Veterans Affairs \(CHAMPVA\)](#)
- [Tricare](#)
 - [Tricare Plan Options](#)
 - [Covered Services List](#)
- IRS
 - [Financial Assistance Policy and Emergency Medical Care Policy – Section 501\(r\)\(4\)](#)
- Office of Personnel Management
 - [HSA Information](#)
- National Institutes of Health

- [FSA Information](#)
- ScriptDrop
 - [Medicaid's Non-Emergency Transportation Benefit: State By State Breakdown](#)
- [NeedyMeds](#)
- National Fire Protection Association
 - [Personal Emergency Evacuation Planning Tool for School Students with Disabilities](#)
- Centers For Disease Control
 - [Health Insurance Portability and Accountability Act of 1996](#)
- HHS.Gov
 - [How to File a Patient Safety Confidentiality Complaint](#)
 - [Section 1557 of the Patient Protection and Affordable Care Act](#)
 - [Social Services Overview](#)
 - [Telehealth licensing requirements and interstate compacts](#)
- 988lifeline.org
 - [Lifeline Chat and Text](#)
- [Smart911](#)
- Ready.Gov
 - [Make A Plan Form](#)
 - [Games For Kids](#)
- Readiness And Emergency Management For Schools
 - [Integrating K–12 Students With Disabilities Into School Emergency Management Planning](#)
- Office of Disability Employment Policy
 - [Emergency Preparedness Tools and Resources](#)
- Consumer Financial Protection Bureau
 - [Understanding Required Financial Assistance in Medical Care](#)
 - [7 Ways To Keep Medical Debt In Check](#)
- The Hilltop Institute
 - [Community Benefit State Law Profiles](#)
- [FairHealthConsumer.Org](#)
- American Hospital Association
 - [Advance Directive Card](#)
- AARP
 - [Advance Directive Forms By State](#)
- The American College Of Trust And Counsel
 - [50 State \(Plus D.C.\) Survey of Powers of Attorney](#)
- The American Bar Association

- [Giving Someone A Power Of Attorney For Your Health Care: A Guide And Multi-State Forms](#)
- The Institute For Healthcare Improvement
 - [Your Guide To Choosing A Health Care Proxy](#)
- Caringinfo.org
 - [State By State Advance Directive Forms](#)
- POLST.org
 - [POLST Program Names](#)
 - [POLST/MOLST State Guidelines](#)
- [National Organization for Rare Disorders \(NORD\)](#)
- [Genetic And Rare Diseases Information Center](#)
- Gottransition.org
 - [A Family Toolkit: Pediatric To Adult Healthcare Transition](#)
- Understood.org
 - [Sample IEP transition plan and goals](#)
- HealthInsurance.org
 - [Frequently Asked Questions Regarding State to State Medicaid](#)
- ADA National Network
 - [An Overview of the Americans With Disabilities Act](#)
 - [Reasonable Accommodations in the Workplace](#)
- ADA.Gov
 - [Filing A Complaint : ADA](#)
- US Department of Labor
 - [Continuation of Health Coverage \(COBRA\)](#)
- Social Security Administration
 - [MySocialSecurity Online Portal](#)
- The Alliance of Professional Health Advocates
 - [Patient Advocate Search Tool](#)
- The Mobility Resource
 - [Financing options and resources for buying a wheelchair accessible van and equipment](#)
- IRLU.org
 - [ILRU Directory of Centers for Independent Living \(CILs\) and Associations](#)
- [Eldercare Locator Tool](#)
- Federal Communications Commission
 - [Affordable Connectivity Program](#)
 - [Lifeline Program for Low-Income Consumers](#)
- Kaiser Family Foundation
 - [What Happens When COVID-19 Emergency Declarations End?](#)