Disability Benefits 101
work • benefits • you

*Prepared for: Sam Sample | September 18, 2026*

# People and Programs Who Can Help

Your benefits planning team is a set of people who can help you with planning for changes in your benefits and income. You can always add more people to your team.

## My Benefits Planning Team

### Case Manager | County or Tribal Human Services Agency

**Lorraine Camger**
1-651-111-2222
lcasemanager@email.com

A case manager helps get and coordinate the services you need to live the life you choose, including support for health care, housing, work, food, mental health, personal care, and involvement in the community.

### Other Connections I Can Trust

**Bruce Neibr**
1-763-222-3333
bnei@email.com

**SuEllen Sample**
sellens@email.com

## Agencies

Find the offices of programs that help you. This list is based on information from other activities, including your Benefits Lookup (BLU). You can add new agencies to the list, or remove the ones you've added.

| Agency | Helps With | Phone | Local Phone |
|---|---|---|---|
| County Human Services Agency | Medical Assistance (MA), SNAP, MFIP | | |
| Disability Hub MN | Disability-related programs | 1-866-333-2466 | |
| Local Social Security Office | SSI, SSDI | 1-800-772-1213 | |
| Public Housing Authority (PHA) | Housing | | |

Generated using Disability Benefits 101's "Build a Benefits Planning Team" activity