



# ADVOCACY IN ACTION

*Disability Services Day at the Capitol*



Fellow Advocates,

Welcome to Disability Services Day at the Capitol 2026. Thank you for being here and for choosing to raise your voice at a moment when advocacy for Minnesotans with disabilities and the services that support them has never been more important.

We gather here each year to advocate for people who rely on disability services to live and thrive in their communities and the dedicated workforce that makes those services possible. Decisions being made at the Capitol this session will shape the future of disability services in Minnesota. Your presence encourages lawmakers to look beyond the headlines and see the people who are most impacted by the decisions they make.

I hope today reminds you about the strength of this community. Sharing this space with thousands of others who feel strongly about these issues always reassures me of the impact we have when we unite our advocacy efforts.

While we must endeavor to remain optimistic when things seem more challenging than ever, we cannot rely on hope alone to affect change. We make progress when people take the time to share their experiences, build relationships with their lawmakers, and speak candidly about how our system is and is not working. Whether you're a first-time visitor to the Rotunda or a frequent visitor of these halls and chambers, your perspective matters and your presence here makes a difference.

Thank you for being here today, and for your continued advocacy throughout the rest of the 2026 Legislative Session. Together, we will work to protect and strengthen disability services in Minnesota.

Sincerely,

**ANNA HEGLAND**  
President  
ARRM Board of Directors



# AGENDA

## RALLY

**Capitol Rotunda**

**10 am - 11 am**

- Get loud! Make our collective voice heard.
- Visit our swag table to pick up a 2026 Button and an ARRM-branded fanny pack!
- Leave the Rotunda as you found it. Please dispose of any trash as you depart.
- Don't leave anything behind! Lost & Found items will be returned to ARRM, but we can't guarantee a forgotten item will be turned in.
- Take photos and tag us on your socials with #MNDAC26

## LEGISLATOR MEETINGS

***By Appointment Only***

- Scan the QR code on this page for a detailed meeting schedule! Meeting times and locations may change suddenly.
- Please don't attend meetings you aren't registered for. Safety and security of lawmakers and guests is a top priority.
- Introduce yourself and those with you, as appropriate. If you feel comfortable, share where you live so legislators can identify you as their constituent.
- Be sure to thank legislators for their time!
- Do not feel pressured to be a policy expert. Disability Services policy is complicated, and many legislators are not experts on it either! Sometimes speaking from the heart makes the biggest difference.
- Ask questions! Ask legislators about what their office is doing to support disability services in Minnesota.
- Give everyone who wishes to speak the opportunity to do so, and avoid interrupting others.

**Detailed Meeting  
Schedule:**



# Know Before You Go

## CAPITOL COMPLEX VISITOR MAP

mn DEPARTMENT OF ADMINISTRATION FACILITIES MANAGEMENT



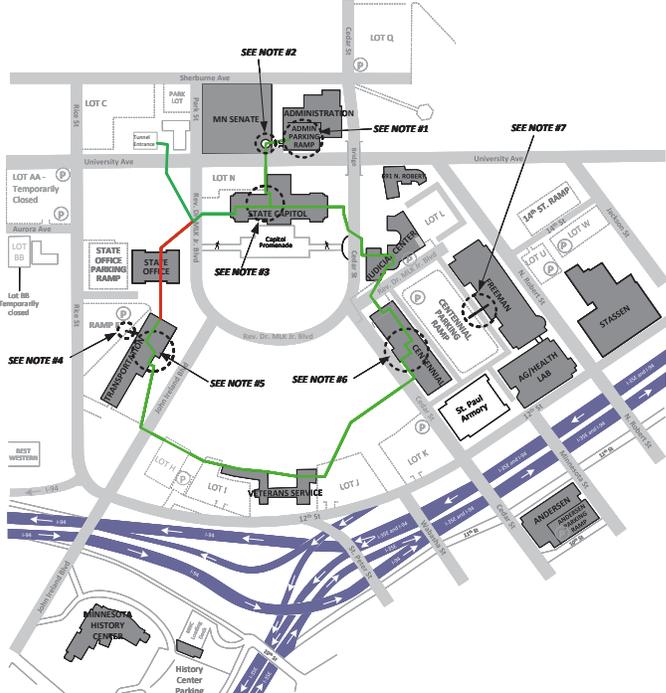
**Visitor Parking Locations**

- Andersen Parking Ramp - enter from 10<sup>th</sup> St and Cedar St
- Centennial Parking Ramp, Orange Level - southeast corner of Rev. Dr. MLK Jr. Blvd. and W. Central Park Pl, enter from Rev. Dr. MLK Jr. Blvd.
- Lot AA - southwest corner of University Ave and Rice St, enter from Aurora Ave - Temporarily Closed
- Lot C - northwest corner of Rice St & Sherburne Ave
- Lot H - northeast corner of 12<sup>th</sup> St. and John Ireland Blvd, enter from 12<sup>th</sup> St.
- Lot K - northwest corner of Cedar St and 12<sup>th</sup> St, enter from 12<sup>th</sup> St.
- Lot Q - northeast corner of Cedar St and Sherburne Ave, enter from Sherburne Ave.
- Lot U - southeast corner of N. Robert St and 14<sup>th</sup> St, enter from 14<sup>th</sup> St.
- Lot W - southwest corner of 14<sup>th</sup> St and Jackson St, enter from 14<sup>th</sup> St
- Minnesota Senate Garage - enter from Capitol Blvd, off of Sherburne Ave - Public Disability Parking only
- Ramp F - enter off Rice St
- Rev. Dr. MLK Jr. Blvd - parking on either side of the street

- Bicycle Fix-It Station
- Bicycle Lane
- Bicycle Rack
- Bus Route
- Contract Parking Only
- Electric Vehicle Charging Station
- Facilities with Public Metered Parking
- Metro Green Line
- Metro Green Line Station
- Paratransit Drop Off & Pick Up Zone
- Pedestrian Traffic Only
- Public City Meters
- Public Disability Parking
- Public Metered Parking

capitolvisitor.pdf  
REV 02/26

Scan here for detailed maps of all buildings in the Capitol Complex



**Movement through Capitol Complex Tunnel System**

**NOTE #1 Administration Parking Ramp**  
From Capitol, tunnel enters Level B of Administration Parking Ramp. Keycard access to Administration Building Ground Floor from Ramp's east stairway on Ramp Level E.

**NOTE #2 MN Senate Building**  
Parking for persons with disabilities visiting the Capitol or MN Senate Building is in the MN Senate Garage.  
The MN Senate Garage connects to the Capitol Building by tunnel. Access to the tunnel is on Ground Floor of the MN Senate Building. Take elevator from Ground to tunnel level and follow signage for route to Capitol - enter Capitol on basement level.

**NOTE #3 Capitol Building**  
Entering the Capitol Building from the Administration Ramp is by keycard access only. Authorized users enter the tunnel on Level B and will enter the Capitol, basement level.

**NOTE #4 Transportation Building**  
Access to ground floor of Transportation Building from ground level of Ramp F.

**NOTE #5 Transportation Building**  
From State Office Building, enter on Ground Floor of Transportation Building and follow hallway past Cafeteria and turnstiles to Elevator and stairway near the John Ireland entrance. To the left of the elevators is a stairway door and sign reading "Tunnel to Veterans Bldg. next level down." Take stairway to "Level B" of Transportation Building. Exit stairway to right, following posted signage to Veterans Building Tunnel directly ahead.

**NOTE #6 Centennial Office Building**  
From Veterans Service Building, enter Centennial Building on Level B. Turn left at first hallway, then proceed to elevator lobby. Immediately behind elevator lobby north side is a stairway. Take either elevator or stairway to Ground floor. Immediately east of north side elevators is a hallway door. Labeling above the door reads "Tunnel to Judicial Center."

**NOTE #7 Freeman Office Building**  
Restricted access to Freeman Office Building through east side, Green Level, Centennial Ramp.

**Capitol Complex Tunnel System**

- Tunnel route between buildings
- Tunnel closed through fall 2027

Revised 02/26

# Legislative Priorities

## **Goal 1: Provide Clear Expectations and Standards for Waiver Service Providers** **HF 3929 / SF 3898**

### **Background**

A clear understanding of regulations and policy is the cornerstone of ensuring that services that support people with disabilities through one of the four disability waivers are provided efficiently and correctly. Setting statewide guidelines, clear documentation expectations, and guidance on regulatory changes is foundational in ensuring that services operate uniformly across the state and the same set of rules is implemented, regardless of where you live.

### **ARRM's 2026 Proposal**

Strengthen and clarify current law to ensure that a uniform set of standards are implemented, requirements are clarified, and community partners receive the same, clear guidance by:

- Setting statewide standards for documentation requirements for rate exceptions renewals
- Requiring written guidance for all community partners by the Department of Human Services within 120 calendar days of CMS approval of a policy change
- Allowing for staff training to occur within 90 days of the annual training date
- Clarifying documentation requirements for Basic and Intensive 245D services

## **Goal 2: Ensure Continued Access to Services for People Living in their Own Home** **HF 3375 / SF 3657**

### **Background**

Individualized Home Support with Training (IHS-T) is available to people on one of the four disability waivers living in their own home. Prior to 2026, this service was available for up to 16 hours per day, depending on an individual's needs. In 2025, the legislature passed a bill that capped IHS-T at just 6 hours per day and 3 hours consecutively. Limiting the number of service hours will prevent individuals with a higher level of need from accessing the appropriate supports and limit their ability to live independently in their own home.

### **ARRM's 2026 Proposal**

Capping the number of IHS-T service hours for individuals does not take into account the individual needs someone might experience on any given day. With that in mind, ARRM proposes:

- Establishing a monthly cap on IHS-T service hours, instead of a daily cap
- Removing the 3-Hour consecutive policy language from IHS-T
- Removing the IHS-T service hour cap for individuals with complex needs

## **Goal 3: Expand Resources for Providers Supporting Individuals with Complex Needs HF 381 / SF 401**

### **Background:**

Appropriate housing for individuals with complex needs is one of the biggest barriers to supporting people in the community. Individuals who would be more successful living in a home by themselves often live with roommates because their housing support reimbursement does not cover the cost of housing. Additionally, there is currently no mechanism for a provider to be reimbursed for property damage caused by an individual receiving services, making providers reluctant to support an individual with complex behavioral needs that may be more likely to cause property damage.

### **ARRM's 2026 Proposal:**

ARRM proposes to allow providers to work with the county to establish a monthly Housing Support rate add-on, not to exceed \$1,000, to cover the cost of housing for individuals who cannot live with others. Additionally, ARRM proposes the use of Environmental Accessibility Adaptation (EAA) dollars to cover property damage exceeding \$5,000 annually by one individual.

## **Goal 4: Provide Consistent Payment Rate Adjustments HF 3374 / Senate Bill Pending**

### **Background**

Disability Waiver Service provider rates are determined through the Disability Waiver Rate System (DWRS). Currently, rates are updated every two years, using economic data from the Bureau of Labor Statistics 24 months and 1 day prior to the previous adjustments. Using dated economic data every two years puts provider reimbursement rates perpetually behind current economic conditions, making it challenging to offer competitive wages for our Direct Support Professional staff.

### **ARRM's 2026 Proposal**

In partnership with the Best Life Alliance, ARRM proposes to change the every other year adjustment to an annual adjustment, beginning in 2028, allowing for reimbursement rates to more accurately reflect current economic conditions and providing resources for competitive wages.

## **Goal 5: Establish the Disability Services Technology and Advocacy Expansion Grant HF 1166 / SF 1177**

### **Background**

Remote support and assistive technology are important pieces of the future of disability services. However, many people misunderstand or are not aware of the technology options available to people with disabilities and the ways that technology can support their day-to-day lives.

### **ARRM's 2026 Proposal**

ARRM proposes establishing a \$500,000 grant appropriation, administered through the Department of Human Services and awarded to an applicant to educate and advance the use of assistive technology for people with disabilities.

**QUESTIONS?  
Contact us!**

**Sara Grafstrom, Senior Director of State & Federal Policy  
sgrafstrom@arm.org (320) 309-1905**

# SPONSORS



Thank you for helping make today a success.



**YouTube Live Stream**  
 Having trouble hearing the rally? Use a phone and headphones and access the livestream on ARRM'S YouTube page for a clearer audio feed!



YouTube Livestream

## Food

Food is available within the Capitol Complex in the Centennial Office Building and the Rathskeller Cafe. Both cafeterias are open from 8 am to 1:30 pm.

# Take Home a Piece of This Year's Rally!

## 2026 Button Contest Winners

Artist:  
**Samantha Pinewood**  
 (Duluth)



Artist:  
**Christopher Aitkin**  
 County DAC



## Don't Miss Out!

Stop by the swag table to pick up the winning buttons and this year's special swag: an ARRM fanny pack!

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## **I am #morethanawaiver because...**

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*Use this space to share your stories about what waiver services mean to you, then give this sheet to your legislators when you meet with them later today!*

## **I am #morethanawaiver because...**

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# NOTES

## **Get more from ARRM in 2026!**

Visit our Advocacy Center at  
[arm.org/advocacy](http://arm.org/advocacy)

Join us for our Forward Annual  
Conference & Expo July 14-15!

Save the Date for the ARRM  
Leadership Conference:  
September 30-October 2!

