how to request help?
To get help from Disability Rights Montana, call and talk with one of our advocates. You can also fill out a Request for Service form on our web site. Our office is open 8 a.m. to 5 p.m. Monday through Friday. If an advocate is unavailable when you contact Disability Rights Montana, your call will be returned no later than the following business day.
**what is CAP?**

CAP (Client Assistance Program) is a program of Disability Rights Montana that assists or represents individuals who are seeking or receiving services under the Rehabilitation Act, which include:

- Vocational Rehabilitation Program (VR)
- Living Independently For Today & Tomorrow (LIFTT)
- Montana Independent Living Project (MILP)
- North Central Independent Living Services (NCILS)
- Summit Independent Living Center
- Native American Vocational Rehabilitation Programs
- Blind & Low Vision Services (BLVS)

**CAP services are free**

**how can CAP help?**

if you are:

- **looking for information** about your rights involving vocational rehabilitation or independent living programs...
- **dissatisfied** with the services you are receiving...
- **denied services** for which you believe you may be eligible...
- **concerned** that your services have been changed or stopped without your consent...

**call disability rights montana toll free at 1-800-245-4743**

**what can CAP do?**

- help you **understand your rights** and protections under the law
- help **resolve problems** you may have with your counselor
- provide **advocacy services** including help with appeals and administrative proceedings

**what are my rights?**

**you have the right to:**

- be involved in **planning your own rehabilitation program**, including making choices about your employment goals and service providers
- **apply or reapply for services**, including the right to an evaluation to find out if you are eligible
- **appeal decisions** made by your counselor regarding your rehabilitation plan

People with disabilities have a right to participate in their rehabilitation programs, including making meaningful and informed choices.

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