

As a senior citizen living in the state of Minnesota, there are several resources available to you that you may and may not know about. Below is a list of the top resources including information on housing, transportation, health, wellness & safety, grocery & prescription delivery, and volunteer opportunities available for Minnesota seniors.



## HEALTH, WELLNESS & SAFETY

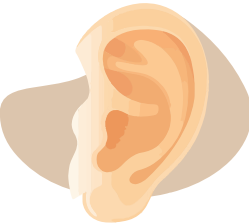


### Blind or Visually Impaired Information and Services

The Senior Services team is dedicated to helping individuals cope with difficult age-related eye conditions. Their counselors help seniors adapt and learn new skills to remain independent and maintain their quality of life.

**General Phone:** 651-539-2331

**Email:** [info@state.mn.us](mailto:info@state.mn.us)



### Office for the Deaf and Hard of Hearing

The Deaf and Hard of Hearing Division boasts a highly experienced staff that understands the unique needs of seniors that are hard of hearing, deaf, and deafblind. They are committed to innovation and supporting seniors with the most effective services possible.

**General Phone:** 800-657-3663

**Videophone:** 651-964-1514

**Click [here](#) for contact information**



### Minnesota Medical Assistance Programs for Seniors

Minnesota's Medical Assistance program helps low-income seniors gain access to healthcare services. Members choose a plan based on their residing county and ability to pay. For those not enrolled in a plan, providers will bill the state directly on a "fee-for-service" basis.

**Phone Numbers by Department**



### Adult Protective Services

The Minnesota Adult Abuse Reporting Center (MAARC) aims to reduce the mistreatment of vulnerable adults and operates a toll-free number 24 hours a day, seven days a week. All Minnesota residents are encouraged to participate and foster a safe environment.

**Toll-free Phone:** 844-880-1574

# LIVING IN MINNESOTA

## HOUSING & TRANSPORTATION



### Transportation Minnesota Board of Aging

The Minnesota Board of Aging coordinates various efforts to expand access to travel across the state. As a participating member of the Minnesota Council on Transportation Access, the MBA is constantly working to improve transportation services for seniors who rely on it.

**General Phone:** 651-431-2500

**Fax:** 651-431-7453



### Minnesota Housing Support Services

The Minnesota Housing Support program supports seniors and low-income adults with disabilities. This program covers the cost of room and board and provides other supplemental services like medication and appointment reminders, transportation assistance, and help with medical and social services.

**General Phone:** 651-431-3941

**Email:** [housing.DHS@state.mn.us](mailto:housing.DHS@state.mn.us)



### Minnesota Aging Drivers

Driver and Vehicle Services is an important division of the Minnesota Department of Public Safety. Their aim is to spread awareness and provide a private forum for people to share safety concerns about at-risk drivers.

**General Phone:** 651-201-7000

**Email:** [dvs.driverslicense@state.mn.us](mailto:dvs.driverslicense@state.mn.us)



## GROCERY & PRESCRIPTION DELIVERY



### CVS Prescription Delivery

CVS offers prescription delivery to customers who are signed up for text alerts or have the app. When you are notified that your prescription is ready, simply choose the delivery option. You can even select auto-delivery at checkout for future orders.



### Walgreens Prescription Delivery

Walgreens offers home prescription delivery services for any customers who need them. You can get up to a 90-day supply and even opt-in for automatic refills if you are eligible.



## A Helpful Guide of Available Resources for Seniors

# LIVING IN MINNESOTA



### Walmart Grocery & Pharmacy Delivery

Walmart offers free standard shipping on its prescription delivery services and will deliver to your home or office. They also offer convenient grocery delivery services for anyone who needs to save time or energy.

**Pharmacy Phone:** 1-800-2REFILL (800-273-3455)



### Cub Grocery Delivery

Cub Grocery offers convenient online shopping and delivery services for anyone who resides in participating locations in Minnesota. Soon they will be releasing these services in a convenient shopping app too.

## MINNESOTA VOLUNTEER OPPORTUNITIES



### Minnesota Senior Corp

The Minnesota Senior Corp helps adults 55 and older give back to their communities in different ways. Their thoughtful programs impact multiple generations with the mission to build a reliable support system across the state.



### Senior Companion Volunteers

The Lutheran Social Service of Minnesota offers a Senior Companion Service for older adults across Minnesota and North Dakota. The aim of this program is to allow these seniors to live actively in their homes for as long as possible.

**General Phone:** 888-205-3770



### Department of Natural Resources

The Department of Natural Resources takes on numerous projects and relies heavily on volunteers to maintain natural resources and protect wildlife. Since 1988, the DNR Volunteer Program has made contributions to natural resource management and provided value estimated at \$230 million.

**General Phone:** 651-296-6157

**Email:** [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

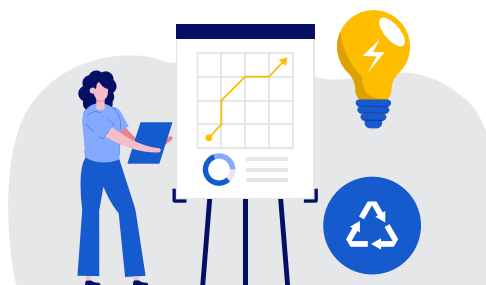


### Minnesota Reading Corp

The Minnesota Reading Corp aims to build meaningful relationships with children to foster education. Literacy is a growing concern in Minnesota and there is no age limit on volunteers. Anyone with an interest in education and a commitment to their community is encouraged to join.

# LIVING IN MINNESOTA

## NATIONAL RESOURCES AVAILABLE FOR MINNESOTA SENIORS



### 'How to Choose a Nursing Home' (NIH.gov)

Nursing Homes can provide services for seniors recently discharged from the hospital, but they mainly exist to serve residents on a permanent basis. The National Institute on Aging details some tips for seniors and their family members who are weighing their options.



### 'Long-Term Care Choices' (Medicare.gov)

If a nursing home isn't the right option, there are other long-term care options for seniors that Medicare can assist with. Subsidized senior housing, group living arrangements, and hospice care are all viable options to consider when discussing with loved ones and a social worker or counselor.



### 'Seniors & Medicare and Medicaid Enrollees' (Medicaid.gov)

About 12 million people are eligible for both Medicare and Medicaid. Individuals can qualify for mandatory and optional coverage. With Medicaid, Medicare enrollees can expect financial assistance for costs associated with hospitalization, labs and x-rays, outpatient services, and prescriptions.



### 'VA Benefits for Elderly Veterans' (VA.gov)

The U.S. Department of Veterans Affairs offers different programs to elderly veterans. The Aid and Attendance program increases monthly pension payments depending on certain health and living conditions. Housebound is another program that increases monthly pension payments for those suffering from permanent disabilities.



### 'Programs for Seniors' (HHS.gov)

The U.S. Department of Health & Human Services has multiple dedicated programs to support the well-being of seniors. Resources such as the eldercare locator help connect seniors with supportive services. Information is also available for Spanish-speaking individuals.



### 'Nursing Home Care' (CDC.gov)

There are over 15,000 nursing homes serving over one million residents across the United States. With almost 70 percent operating on a for-profit basis, that still leaves about 30 percent to government ownership for special assistance programs.



### 'Senior Companion Program' (Benefits.gov)

The National Senior Services Corps created the Senior Companion Program to help qualified organizations thrive and support senior communities. The program aims to enrich the lives of seniors by providing specialized services and helping them maintain independence.

**Telephone:** 800-424-8867

## A Helpful Guide of Available Resources for Seniors

# LIVING IN MINNESOTA



### **'Senior Nutrition' (ACL.gov)**

The Nutrition and Aging Resource Center provides high-quality nutrition services to support the growing needs of the senior community. This organization aims to reduce food insecurity and malnutrition by promoting positive nutrition practices and educating the community.



### **'Alzheimer's Disease & Dementia Help' (ALZ.org)**

Since 1980, The Alzheimer's Association has been the world's leading organization for Alzheimer's awareness and education. They provide supportive services to elderly individuals struggling from complications like dementia and Alzheimer's. They also provide helpful guidance for loved ones.



### **'Empowering America's Seniors' (AARP.org)**

The AARP Foundation provides a directory for seniors to find local health and wellness assistance programs. For anyone that needs help with food, health, housing, taxes, or even employment, AARP has a resource to explore.



### **'At-Home Meal Delivery' (Meals on Wheels)**

Meals on Wheels is a compassionate organization dedicated to bringing joy to the lives of millions of seniors. Many elderly individuals spend the bulk of their time by themselves at home. This meal-delivery service allows volunteers to make a positive impact even at the most uncertain times.



### **'AgeWell Planner' (NCOA.org)**

The National Council on Aging is a dedicated organization that provides essential planning resources for seniors. You can take a personalized assessment directly on their website to start accessing their tools and consult with an expert right away.



### **'Family Caregiver Alliance' (Caregiver.org)**

The Family Caregiver Alliance provides free resources to seniors through their secure and private CareNav platform. Its mission is to provide the resources necessary to guarantee the quality of life for those receiving care.

## A Helpful Guide of Available Resources for Seniors

# LIVING IN MINNESOTA



### 'AmeriCorps Senior Volunteers' (AmeriCorps.gov)

Individuals aged 55 and older can join AmeriCorps Seniors and give back to the community in their own unique way. Opportunities range from child literacy to natural disaster relief and each experience is just as meaningful. Over 200,000 volunteers are matched with opportunities annually.



### 'Aging and Disability Resource Centers' (ACL.gov)

The Aging and Disability Resource Center streamlines long-term healthcare access. The ADRC is helpful for seniors seeking information on both private and public assistance. It also helps states coordinate their efforts more effectively, so resources are utilized as best as possible.



### 'Eldercare Locator' (ACL.gov)

The U.S. Administration on Aging created the Eldercare Locator to help connect seniors and their families to support services ranging from housing and insurance to transportation and legal rights. Specialists are available via online chat, email, and telephone.

**Telephone:** 800-677-1116



### National Institute on Aging (NIH.gov)

The National Institute on Aging is a large government organization dedicated to the health and well-being of Americans over the age of 55. It provides up-to-date research and information pertinent to the senior population and enables those interested to access several useful resources.

**Brought to you by**

## EDEN SENIOR CARE

This guide for seniors living in Minnesota is provided free of charge by Eden Senior Care (**edenseniorhc.com**), an industry leading network of skilled nursing and assisted living facilities in Minnesota, dedicated to delivering excellence in post-acute rehabilitation and long-term care. For additional information on assisted living or skilled nursing facilities in Minnesota.

call us at

**773-825-3336**

please contact us

**www.edenseniorhc.com**

WE'RE HERE FOR YOU.

