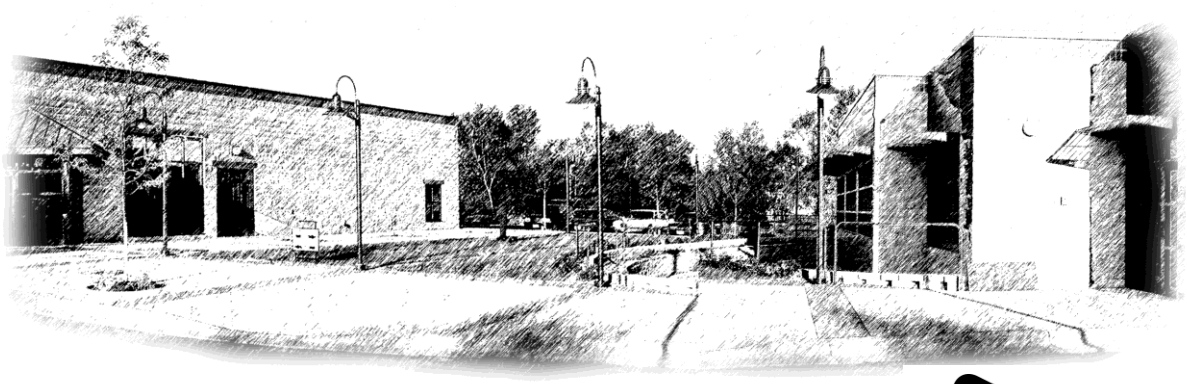
Dakota County

Eldercare Resources

A service of DARTS Information & Assistance



Supportive services and aging resources

April 2012

DARTS
your connection to possibilities

Dakota County Eldercare Resources summarizes the most commonly requested services for older adults and is a starting point to access service providers.

For more specific help, call
DARTS Information and Assistance
651-455-1560

AARP www.aarp.org 1-888-687-2277

ADULT DAY SERVICES

A safe place to stay for the day for adults with physical or mental disabilities. Centers provide activities, socialization, and personal care.

Augustana ~ *Apple Valley*	952-236-2524
CLUES ~ *West St. Paul*	651-379-4281
Common Sense ~ *South St. Paul*	651-552-0288
Ebenezer Rich Valley ~ *Rosemount*	651-423-5926
Ebenezer Ridges ~ *Burnsville*	952-898-3085
Regina ~ *Hastings*	651-480-4236
Sarah Care ~ *Savage* (will pick up from Burnsville)	952-465-0555
The Gathering ~ *West St. Paul*	952-261-5235
V. A. Day Care (*veterans only*)	612-725-2000
Wilder Foundation ~ *St. Paul and vicinity*	651-774-6574

ASSESSMENT AND SERVICE COORDINATION

For help identifying and obtaining services

DARTS 651-455-1560

Dakota County Public Health ~ *Long-term care consultation*
651-554-6115

CAREGIVER SERVICES

Support for those caring for others

Alzheimer's Association	952-830-0512
DARTS	651-455-1560
Caregiver coaching (*through Eldercare Partners*)	
Caregiver education	
Respite care	
Eldercare Partners	651-234-2262

CAREGIVER AND CARE RECEIVER SUPPORT GROUPS

Groups for sharing information and emotional support
Metro-wide calendar available at www.eldercarepartners.org

DARTS	651-455-1560
Burnsville	
Eagan	
Lakeville	

<u>Alzheimer's</u>

Augustana Lutheran Church ~ *West St. Paul* (under 65)	612-348-0377
Augustana Lutheran Church ~ *West St. Paul*	612-670-0296
Burnsville Senior Center ~ B*urnsville*	952-807-4970
Cerenity Senior Care ~ *South St. Paul*	651-326-6502
Common Sense ~ *South St. Paul*	651-552-0288
Prince of Peace Lutheran Church ~ *Burnsville*	952-854-6122
Regina Medical Center ~ *Hastings*	651-480-6812

Cancer

Regina Medical Center ~ *Hastings* (*breast cancer*) 651-437-4577

Shepherd of the Valley ~ Apple Valley (women) 952-985-7365

Diabetes

Burnsville Senior Center ~ *Burnsville* 952-707-4120

Regina Assisted Living ~ *Hastings* 651-480-4100

The Rivers ~ *Burnsville* 952-890-8553

Parkinson's

Hastings Senior Center ~ *Hastings* 651-480-7689

Sarah Care ~ *Savage* 651-278-2640

Senior Helpers ~ *Burnsville* 651-278-2640

Stroke

Burnsville Senior Center ~ *Burnsville* 952-707-4120

CHEMICAL DEPENDENCY SERVICES

Help for seniors having difficulty with substance abuse

Alcoholics Anonymous ~ *St. Paul* (*central office*) 651-227-5502

Al-Anon/Alateen Inter Group ~ *St. Paul* (*24 hours*) 651-771-2208

Detox-Dakota County Receiving Center (*hospital referrals only*) 651-437-4209

Detox-Ramsey County Receiving Center 651-266-4009

Senior Recovery Program ~ *St. Paul* 651-773-0473

CHORES

Assistance with indoor and outdoor tasks

DARTS 651-455-1560

Handyman/repair service

Housekeeping/laundry/meal preparation

Outdoor chores

Shopping/errands assistance

DEFENSIVE DRIVING

AARP Driver Safety Program 952-858-9040

www.aarp.org/families/driver_safety/

MN Safety Center

www.mnsafetycenter.org 1-888-234-7294

EMERGENCY SERVICES

Urgent aid for those in need

Dakota County Adult Protection 651-554-6000

Dakota County Crisis Response 952-891-7171

Domestic Violence Crisis Line 952-985-5300

EMPLOYMENT

Paid positions for non-traditional workers

Dakota County Work Force Center South
~ Older Worker Program 952-895-7600
Dakota County Work Force Center North
~ Older Worker Program 651-554-5955
Experience Works 952-736-7595
Quality Career Services 651-647-9322

EQUIPMENT - MEDICAL

Resources for durable medical equipment for seniors

DARTS *~ Call for more options* 651-455-1560
Equipment Distribution Program *~ Hearing impaired*
651-297-1316
Goodwill *~ Used equipment* 651-379-5922
Metropolitan Center for Independent Living *~ Ramps*
651-646-8342

FINANCIAL ASSISTANCE

360 Communities *~ Southern Dakota County* 952-985-5300
Dakota County Economic Assistance 651-554-5611
Dakota County Medical Assistance 651-554-5611
Dakota County Food Support 651-554-5611
Fuel Assistance (CAP) 651-322-3500
Hastings Family Services *~ Eastern Dakota County*
651-437-7134
IRS *~ Local number* 651-312-8082
~ Address: 30 East 7th Street - St. Paul, MN 55101
Neighbors, Inc. *~ Northern Dakota County* 651-455-5000

Supplemental Social Security Income	1- 800-772-1213
Utilities Assistance / Telephone	651-296-7124

GRIEF AND LOSS GROUPS

For support through the grieving process

Growing Through Loss ~ *Southern Dakota County*	952-890-0045
Hastings Area Grief Coalition	651-480-7689
Prince of Peace Lutheran Church ~ *Burnsville*	952-898-9320

HEALTH CARE CENTERS ~ *Dakota County*

Nursing homes and short-term rehabilitation facilities

Augustana Health Care Center ~ *Apple Valley*	952-431-7700
Augustana Health Care Center ~ *Hastings*	651-437-6176
Cerenity Senior Care ~ *South St. Paul*	651-232-6000
Ebenezer Ridges ~ *Burnsville*	952-898-8400
Inver Grove Good Samaritan ~ *Inver Grove Heights*	651-451-1853
Minnesota Veteran's Home ~ *Hastings*	651-437-3111
Regina Nursing Home ~ *Hastings*	651-480-4190
Southview Acres ~ *West St. Paul*	651-451-1821
Trinity Health Care Center ~ *Farmington*	651-463-7818
Woodlyn Heights Health Care Center ~ *Inver Grove Heights*	651-451-1881

HEALTH CARE FACILITY INFORMATION

Information about long-term-care facilities

Care Options ~ *Nursing home vacancy information* 763-225-4079

Office of Health Facility Complaints 651-215-8702

Ombudsman for Long Term Care 651-431-2555

Stratis Health ~ *Medicare health facility and discharge complaints* 952-854-3306

Tubman ElderCare & Rights Center ~ *Information about health care centers and long-term-care systems and issues of elder abuse* 651-789-6750

To compare nursing homes, hospitals, and home health agencies www.medicare.gov
www.health.state.mn.us/nhreportcard

HEALTH INSURANCE AND PRESCRIPTION INFORMATION

Assistance with health insurance planning and counseling

Medicare ~ *Social Security Office* 1-800-772-1213

Minnesota Care 651-297-3862

Senior LinkAge Line ~ *Health insurance counselors* 1-800-333-2433

HOME HEALTH CARE

Assessment for appropriate in-home care

Dakota County Public Health Nursing 651-554-6115

DARTS ~ *Call for options* 651-455-1560

HOSPICE

Programs for terminally ill people that focus on end-of-life comfort

Hospice Foundation of America www.hospicefoundation.org
Minnesota Hospice Organization 1-800-214-9597
www.hospicemn.org

HOUSEKEEPING See *CHORES*

HOUSING AND ASSISTED LIVING

For information on housing options

Common Bond Communities ~ *Subsidized housing*
651-291-1750
DARTS ~ *Information & Assistance* 651-455-1560
Dakota County Adult Foster Care ~ *Licensing* 651-554-6000
Dakota County CDA ~ *Subsidized housing* 651-675-4400
South St. Paul HRA ~ *Subsidized housing* 651-554-3270
Supportive Housing Unit ~ *Crisis housing* 651-554-5751

INFORMATION AND REFERRAL

Ideas about where to call for your specific situation

DARTS ~ *Information and Assistance* 651-455-1560
Dakota County Veterans' Services 651-554-5601
Eldercare Locator ~ *Nationwide Directory Assistance*
1-800-677-1116
www.eldercare.gov
Disability Linkage Line ~ *Minnesota* 1-866-333-2466
Senior LinkAge Line ~ *Minnesota* 1-800-333-2433

Veterans Linkage Line ~ *Minnesota* 1-888-546-5838

LEGAL SERVICES

Legal help with elder issues

AARP Legal Services Network 952-858-9040

LawHelpMN.org ~ *Help for low income Minnesota residents*
www.LawHelpMN.org

Legal Assistance ~ *Dakota County* 952-431-3200

Minnesota Attorney General
~ *Consumer Assistance Line* 651-296-3353

Senior Law Project (*housing, immigration, not wills*)
651-224-7301

SMRLS ~ *Legal aid* 651-222-4731

Volunteers of America 612-676-6300

LIBRARIES

All Dakota County libraries have volunteers who deliver to those who are homebound or frail

Burnhaven	~ *Burnsville*	952-891-0300
Farmington	~ *Farmington*	651-438-0250
Galaxie	~ *Apple Valley*	952-891-7045
Heritage	~ *Lakeville*	952-891-0360
Inver Glen	~ *Inver Grove Heights*	651-554-6840
Pleasant Hill	~ *Hastings*	651-438-0200
Robert Trail	~ *Rosemount*	651-480-1200
South St. Paul	~ *South St. Paul*	651-554-3240
Wentworth	~ *West St. Paul*	651-554-6800
Wescott	~ *Eagan*	651-450-2900

MEALS See *NUTRITION*

MEDICARE www.medicare.gov 1-800-633-4227

MENTAL HEALTH

Mental health help for seniors

Guild Community Support Program
~ *Northern Dakota County* 651-457-2248

Horizon Community Support Program
~ *Southern Dakota County* 651-365-8229

Mental Health Resource ~ *Eagan* 651-681-9366

People, Inc. 952-431-6611

Regina Medical Center GRACE Behavioral Health Unit
~ *Hastings* 651-480-4126

NURSING HOMES see *HEALTH CARE CENTERS*

NUTRITION ~ Also see *SENIOR DINING*

Help in obtaining meals or groceries

Coborns Delivers 763-971-4900

Community Meals ~ *Call DARTS for options* 651-455-1560

Dakota County Food Support 651-554-5611

DARTS Shopping Assistance 651-455-1560

Fare For All ~ *Supplemental food program* 763-450-3880

Food Shelves:

360 Communities ~ *Southern Dakota County*

952-985-5300

Eagan Resource Center 651-686-0787

Hastings Family Services ~ *Eastern Dakota County*
651-437-7134

Lakeville Resource Center 952-469-3444

Neighbors, Inc. ~ *Northern Dakota County* 651-455-5000

Meals On Wheels

- *Burnsville, Eagan, and Savage* 952-393-9860
- *Farmington* 612-940-9590
- *Hastings* 651-480-4128
- *Inver Grove Heights, Lilydale, Mendota Heights, South St. Paul, West St. Paul* 651-457-5686
- *Lakeville* 612-669-2913
- *Rosemount, Apple Valley* 612-669-2910

Minnesota Food Help Line 1-888-711-1151

Mom's Meals 1-866-204-6111

Nutrition Assistance Program for Seniors (NAPS)
651-484-8241

Optage Senior Dining 651-746-8200

Store to Door (*serves limited area*) 651-642-1892

U of M Ext. Service Nutrition Education 651-480-7700

SAFETY

Programs that provide telephone check-ins, emergency responses, or other security measures

Carrier Alert ~ *551xx zip codes* 211

Driver Improvement Program ~ *(4 and 8 hour classes)*
www.mnsafetycenter.org 1-888-234-1294

Fall Prevention
www.mnfallprevention.org

Lifeline ~ *Call DARTS for information* 651-455-1560

Neighbors, Inc. Telecare ~ *Northern Dakota County*
651-306-2143

SENIOR CENTERS

Recreation and socialization

Apple Valley/Rosemount	952-953-2345
Burnsville	952-707-4120
Eagan	651-675-5500
Farmington	612-280-6970
Hastings	651-480-7689
Inver Grove Heights	651-450-2469
Lakeville	952-985-4622
Rosemount	651-322-6000
South St. Paul	651-306-3693
West St. Paul	651-403-8300

SENIOR DINING

Nutritious meals shared with other seniors

Apple Valley	952-431-1831
Burnsville	612-669-2911
Eagan	612-669-2912
Hastings	651-437-7133
Inver Grove Heights	651-554-1473
Lakeville	612-669-2913

Mendota Heights	651-905-0257
Rosemount	612-669-2910
South St. Paul	651-552-9136

SHOPPING—ERRANDS See *CHORES* and *NUTRITION*

SOCIAL SECURITY ADMINISTRATION

www.ssa.gov 1-800-772-1213

~ *Local number* 1-866-667-7481
~ *Address: 190 5th St E Suite 800 - St. Paul 55101-1483*

SUPPORT GROUPS See *CAREGIVER AND CARE RECEIVER SUPPORT GROUPS*

TRANSPORTATION

Transportation/ride options

DARTS

- Metro Mobility ~ *door-through-door ride service for ADA-certified riders; provided by DARTS* 651-602-1180
- Transit Link ~ *curb-to-curb service* 651-602-5465
- Group trip and other transportation 651-455-1339

GAPP ~ *Volunteer drivers from Dakota County for medical, housing, or employment needs* 952-953-9299

Just Friends ~ (*volunteer drivers*) ~ *Hastings* 651-437-7134

Metro Mobility ~ (*customer service/certification*) 651-602-1111

MNET ~ *medical appointments only for those on medical assistance* 1-866-467-1724

Neighbors, Inc. (*volunteer drivers*)
~ *Inver Grove Heights, Mendota Heights, South St. Paul, West St. Paul* 651-306-2143

VISITOR PROGRAMS

Social contact for isolated seniors

DARTS ~ *Countywide* 651-455-1560
Just Friends ~ *Hastings* 651-437-7134
Neighbors, Inc. ~ *Inver Grove Heights, Mendota Heights, South St. Paul, West St. Paul* 651-306-2149

VOLUNTEER SERVICES AND OPPORTUNITIES

DARTS 651-455-1560
Foster Grandparents 1-888-205-3770
RSVP (Retired and Senior Volunteer Program) 612-617-7820
Senior Companions 1-888-205-3770
Volunteer Resource Centers
~ *Local* www.handsontwincities.org
~ *Nationwide* www.volunteermatch.org

Web Sites and Phone Numbers for Specific Diseases

ALS www.als.org 612-672-9110
Alzheimer's www.alz.org 952-830-0512
Alzheimer's Help Line 24/7 1-800-272-3900
Arthritis www.arthritis.org 651-644-4108
Brain Injury www.braininjurymn.org 612-378-2742
Cancer www.cancer.org 651-255-8100

Cerebral Palsy	www.ucpmn.org	651-646-7588
Chronic Fatigue Syndrome	www.cdc.gov/cfs/	1-800-311-3435
Deaf & Hard of Hearing	www.dhhsd.org	651-431-5940
Depression/ Bipolar	www.dbsalliance.org	1-800-826-3632
Diabetes	www.diabetes.org	763-593-5333
Epilepsy	www.efmn.org	651-287-2300
Fibromyalgia	www.fmaware.org	1-714-921-0150
Gambling, Alcohol, Drugs, and Tobacco	www.miph.org	1-800-333-4673
Lupus	www.lupusmn.org	952-746-5151
Mental Health	www.mentalhealthmn.org	612-331-6840
Multiple Sclerosis	www.mssociety.org	612-335-7900
Parkinson's	www.parkinsonmn.org	763-545-1272
Stroke	www.strokemn.org	763-553-0088
Suicide Hotline		1-800-784-2433

Since 1974, DARTS has been a community leader in successful aging and life transitions by offering affordable and flexible services and resources that create meaningful possibilities for individuals, families, and communities in Dakota County and beyond. We provide information, practical household help, transportation, and volunteer opportunities that help older adults maintain the life they choose. We support family caregivers of elders with resources, coaching, respite, and eldercare education in the workplace and community. We connect generations to engage in, and build, community.

DARTS connects, helps, empowers,
and engages people and partners
in creating a community of aging excellence.

DARTS
your connection to possibilities

651-455-1560 info@darts1.org www.darts1.org