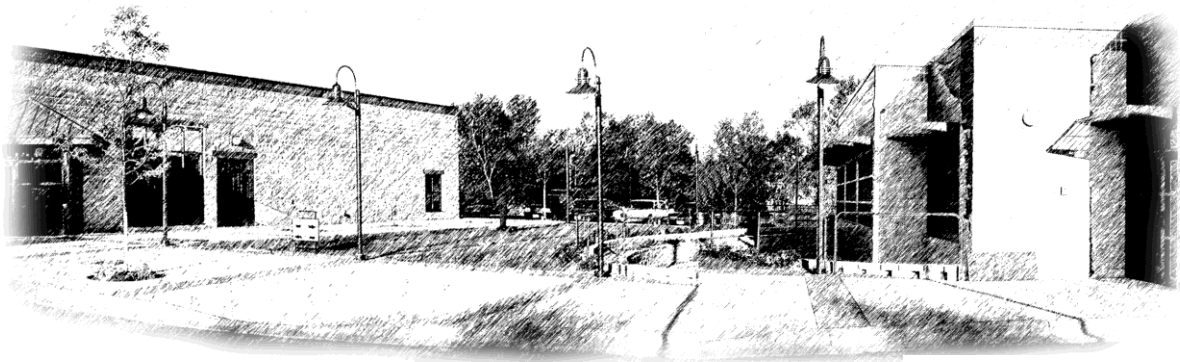


Dakota County

Eldercare Resources

A service of DARTS Information & Assistance



Supportive services and aging resources

April 2012



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

ASSESSMENT AND SERVICE COORDINATION

For help identifying and obtaining services

DARTS	651-455-1560
Dakota County Public Health ~ <i>Long-term care consultation</i>	651-554-6115

CAREGIVER SERVICES

Support for those caring for others

Alzheimer's Association	952-830-0512
DARTS	651-455-1560
<i>Caregiver coaching (through Eldercare Partners)</i>	
<i>Caregiver education</i>	
<i>Respite care</i>	
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
<i>Burnsville</i>	
<i>Eagan</i>	
<i>Lakeville</i>	

Alzheimer's

Augustana Lutheran Church ~ West St. Paul	
(under 65)	612-348-0377
Augustana Lutheran Church ~ West St. Paul	612-670-0296
Burnsville Senior Center ~ Burnsville	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	
~ <i>Older Worker Program</i>	952-895-7600
Dakota County Work Force Center North	
~ <i>Older Worker Program</i>	651-554-5955
Experience Works	952-736-7595
Quality Career Services	651-647-9322

EQUIPMENT – MEDICAL

Resources for durable medical equipment for seniors

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

FINANCIAL ASSISTANCE

360 Communities ~ <i>Southern Dakota County</i>	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 ~ <i>Eastern Dakota County</i>	651-437-7134
IRS ~ <i>Local number</i>	651-312-8082
~ <i>Address: 30 East 7th Street – St. Paul, MN 55101</i>	
Neighbors, Inc. ~ <i>Northern Dakota County</i>	651-455-5000

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

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 ~ <i>Eastern Dakota County</i>	651-437-7134
Lakeville Resource Center	952-469-3444
Neighbors, Inc. ~ <i>Northern Dakota County</i>	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
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Store to Door (<i>serves limited area</i>)	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 ~ <i>551xx zip codes</i>	211
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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.*



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