

# COMMUNITY RESOURCE CONNECTIONS

## Social Service Programs

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- **Lutheran Social Services:** Provides an array of social services for Minnesotans.
  - Call 651-642-5990
  - Website: <https://www.lssmn.org/services>
- **CAP Agency Chore Program (Scott, Carver, and Dakota Counties):** Supports with home maintenance and modification, chores, transportation, grocery shopping assistance, etc.
  - Terry Hassan, Senior Services Outreach Coordinator, at: 612-999-3939 or [thassan@capagency.org](mailto:thassan@capagency.org)
  - Website: <https://capagency.org/>
- **DARTS:** Focused on serving Dakota County older adults (age 55+). Offers various support at home maintenance and repair, caregiving support, assisted grocery shopping, and transportation.
  - Call 651-455-1560
  - Email: [info@darts1.org](mailto:info@darts1.org)
  - Website: <https://dartsconnects.org/>
- **Help At Your Door:** Offers home support for seniors and individuals with disabilities across the Twin Cities Metro area (Hennepin, Ramsey, Anoka, Carver, Scott, Dakota, and Washington Counties). Supports include grocery assistance, transportation services, and in-home tasks. Prices for services vary, can be based on household size and income.
  - Call 651-642-1892 for information or to request services.
  - Website: <https://helpatyourdoor.org/>
- **Senior Community Services:** Serving individuals 55 and older residing in the cities in the West Metro. Services include household and outdoor maintenance, technology services, caregiver support, and senior home assessments for support. Rates for paid services are based on income and ability to pay – no one is denied services based on ability to pay.
  - Hennepin County contact – 952-746-4046
    - Email [home@seniorcommunity.org](mailto:home@seniorcommunity.org)
  - Sherburne or Wright Counties contact – 763-416-7969
    - Email [hometeamseniorcommunity.org](mailto:hometeamseniorcommunity.org)
    - Website: <https://seniorcommunity.org/>

## Family and Caregiver Support

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- **Wilder Foundation:** Offers variety of services for older adults and their caregivers.
  - Caregiver support group: First Friday of the Month from 9-10:30 am at Wilder Center (451 Lexington Parkway, St. Paul, MN 55104)
  - Memory loss discussion group: Second Thursday of the Month from 10-11:30 am at Wilder Center (451 Lexington Parkway, St. Paul, MN 55104)

- Adult children caregiver support group: Third Wednesday of the month from 6-7:30 pm at Wilder Center (451 Lexington Parkway, St. Paul, MN 55104) or call to be sent virtual link
  - Email: [Caregiving@wilder.org](mailto:Caregiving@wilder.org)
  - Call: 651-280-2273
- **MAARC / Minnesota Department of Human Services**: Resources for adult neglect or abuse.
  - Phone Number: 1-844-880-1574
  - Website: <https://mn.gov/dhs/people-we-serve/seniors/services/adult-protection/maarc.jsp>
- **The Negative Space**: Caregiver-focused community and podcast.
  - <https://www.thenegativespace.life/>
- **Jack's Caregiver Coalition**: Community support and programming focused on caregivers. Their work is centered on male-identified caregivers but all identities are welcome.
  - <https://www.jackscaregiverco.org/programs>
  - [contactus@jackscaregiverco.org](mailto:contactus@jackscaregiverco.org)
- **Family Caregiver Alliance**: Supports long-term caregivers through education and resource connection (<https://www.caregiver.org/family-care-navigator> )
  - Website: <https://www.caregiver.org/>