

COMMUNITY RESOURCE CONNECTIONS

Senior-Focused Services

- **Minnesota Aging Pathways:** Centralized statewide service that connects older adults and their caregivers with community resources, guidance, health insurance counseling, and more.
 - 800-333-2433
 - Website: <https://mn.gov/aging-pathways/>
- **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). Support includes 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/>
- **Keystone Community Services:** Connects seniors to supportive services within the continuum of aging.
 - <https://keystoneservices.org/seniors/>
 - Call 651-646-0349
- **Lutheran Social Services:** Provides an array of supportive social services for Minnesotans with specific programming for older adults and their caregivers.
 - Call 651-642-5990
 - Website: <https://www.lssmn.org/services>

Regionally Specific Supports

- **TRUST, Inc.:** Offering programs for folks 60 years and older residing in South Minneapolis with some reach into the first ring suburbs. Services include grocery and errand transportation services, chore home services, and estate sale services. Accepts both Elder and CADI waivers.
 - Call 612-827-6159
 - Website: www.trustinc.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
 - Website: <https://dartsconnects.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.
 - Website: <https://seniorcommunity.org/>
 - Email: home@seniorcommunity.org
 - Hennepin County contact – 952-746-4046
 - Sherburne or Wright Counties contact – 763-416-7969
- **Anoka County Family Caregiver Connection:** Provides comprehensive services designed to support individuals and their caregivers. Offerings include respite, support groups, a memory cafe, caregiver education, and more.

- Call 763-324-1608
- Email caregivers@anokacountymn.gov
- <https://www.anokacountymn.gov/655/Family-Caregiver-Connection>
- **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
 - Website: <https://capagency.org/>

Family and Caregiver Support

- **Wilder Foundation:** Offers variety of services for older adults and their caregivers, including respite and caregiver-focused support groups.
 - Call 651-280-2273
 - Email: Caregiving@wilder.org
 - 451 Lexington Parkway, St. Paul, MN 55104
- **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
- **Family Caregiver Alliance:** Supports long-term caregivers through education and resource connection (<https://www.caregiver.org/family-care-navigator>)
 - Website: <https://www.caregiver.org/>
- **Volunteers of America MN and WI:** Offering support groups, health monitoring and education, and respite care for caregivers of adults 60+ years of age or an individual (of any age) with Alzheimer's Disease and Related Dementias.
 - Call 952-945-4034
 - Email: csds@voamn.org
- **MN Adult Abuse Reporting Center from MN DHS:** 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>