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# PURPOSE

Provide resource information to:

* Serve as a list for referrals to meet specific needs of members.
* Enhance the knowledge base and skills of clinicians working with members

# ADVANCED CARE PLANNING

\*\*\*Each state has its own laws and forms- forms are **NOT** uniform from state to state.

Search Tips: Advanced Directives + Mbr’s state of residence, utilize the resident state’s DHS link, or can search Honoring Choices (State) as most states have an honoring choices site with information and the state forms.

Consider locating links for education on ACP as well as links to the state specific forms themselves.

\*\*You can also steer Mbr to their Provider to assist in completing these forms as well\*\*

\*\*If their state requires a Notary- can direct them to their local library or to their bank as there is typically a Notary at these locations.

## Clinician Resource

[Advance Care Planning Resources.docx](https://linkmn.sharepoint.com/%3Aw%3A/r/sites/CareManagementResourceCenter/UMCMDMSD/Advance%20Care%20Planning%20Resources.docx?d=w5418b6f4eacf4dccbb2433a0c6d7d90a&csf=1&web=1&e=I0cCiF)

## Minnesota ACP Resources

[Minnesota Health Care Directive Planning Toolkit | UMN Extension](https://extension.umn.edu/health-care/minnesota-health-care-directive-planning-toolkit)

[Advance Care Planning - Mayo Clinic Health System](https://www.mayoclinichealthsystem.org/for-patients-and-visitors/advance-care-planning)

[Advance Care Planning - MN Dept. of Health (state.mn.us)](https://www.health.state.mn.us/people/palliative/advcareplan.html)

[Advance Directive Form for Minnesota - CaringInfo](https://www.caringinfo.org/planning/advance-directives/by-state/minnesota/)

## [Honoring Choices](https://www.fairview.org/patient-education/1626%22%20%5Ct%20%22_blank)

[Your Rights: Making Your Own Health Care Treatment Decisions (fairview.org)](https://www.fairview.org/patient-education/1626%22%20%5Ct%20%22_blank)

# ASSISTIVE TECHNOLOGY

Minnesota STAR Program- <https://mn.gov/admin/star/> allows users to loan devices prior to purchase, or while personal item is being repaired.

# CAREGIVER RESOURCES

Search Tips: search members city/county for caregiver resources, respite care, and search specific disease condition sites for disease specific caregiver resources.

Consider suggesting friends/family mrbs, faith community, local colleges nursing programs/nursing students as options to help provide care if needed (and appropriate) and not covered by insurance.

## National Family Caregiver Support Program

<https://www.acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

The National Family Caregiver Support Program (NFCSP), established in 2000, provides grants to States and Territories, based on their share of the population aged 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

## Eldercare Locator

[www.eldercare.acl.gov](http://www.eldercare.acl.gov/)

Are you a family caregiver in need of information or assistance? Are you interested in learning more about the programs and services that may be of assistance to you or your loved one? The Eldercare Locator, a public service of the U.S. Administration on Aging, is the first step to finding resources for older adults in any U.S. community. Just one phone call or Website visit provides an instant connection to resources that enable older persons to live independently in their communities. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

## Family Caregiver Alliance

[http://caregiver.org/](http://caregiver.org/node/3831)

Established in 2001 as a program of Family Caregiver Alliance, the National Center on Caregiving (NCC) works to advance the development of high-quality, cost-effective policies and programs for caregivers in every state in the country. Uniting research, public policy and services, the NCC serves as a central source of information on caregiving and long-term care issues for policy makers, service providers, media, funders and family caregivers throughout the country.

## Caregiver Action Network

<http://www.caregiveraction.org/>

Resources from the Caregiver Action Network, including a Peer Forum, a Story Sharing platform, the Family Caregiver Tool Box and more. CAN also provides support for rare disease caregivers at [http://www.rarecaregivers.org](http://www.rarecaregivers.org/)

## U.S. Food and Drug Administration, Office of Women’s Health

[Tips for Caregivers](http://www.fda.gov/ForConsumers/ByAudience/ForWomen/WomensHealthTopics/ucm467701.htm)

FDA Office of Women’s Health understands caring for someone can be rewarding, but challenging. FDA’s Tips for Caregivers website provides tools to help caregivers manage the care of their loved ones. The website provides tips for caregivers of older adults, young children, teens and people with special needs. The website also highlights 7 tips for all caregivers to know.  FDA Office of Women’s Health also provides information on women and clinical trials. To learn more, visit: [fda.gov/womeninclinicaltrials](http://www.fda.gov/womeninclinicaltrials)

## Next Step in Care

[http://www.nextstepincare.org](http://www.nextstepincare.org/)

Next Step in Care provides easy-to-use guides to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients.

## WISER (Women’s Institute for a Secure Retirement)

[Financial Steps for Caregivers](https://www.caregiving.org/wp-content/uploads/2014/04/WISER-Caregiver-Guide-with-Budget-Insert.pdf)

Financial Steps for Caregivers: What You Need to Know About Money and Retirement is designed to help you identify financial decisions you may face as a caregiver. The decision to become a caregiver can affect both your short-term and long-term financial security, including your own retirement. For more information on planning for a secure retirement, please visit [http://www.wiserwomen.org](http://www.wiserwomen.org/).

# ALZHEIMER’S AND DEMENTIA CAREGIVING

[Alzheimer’s Association](http://www.alz.org/about_us_about_us_.asp)

The Alzheimer’s Association works on a global, national and local level to provide care and support for all those affected by Alzheimer’s and other dementias. They offer help through a professionally staffed [24/7 Helpline](http://www.alz.org/we_can_help_24_7_helpline.asp) (1.800.272.3900), face-to-face support groups and [educational sessions](http://www.alz.org/apps/findus.asp) in communities nationwide, and comprehensive online resources and information through the [Alzheimer’s and Dementia Caregiver Center](http://www.alz.org/care).

[Alzheimer’s Foundation of America](https://www.alzfdn.org/)

The Alzheimer’s Foundation of America offers a national, toll-free helpline (866-232-8484) staffed by licensed social workers, educational materials, a free quarterly magazine for caregivers and “AFA Partners in Care” dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit [www.alzfdn.org](http://www.alzfdn.org/).

[The Association for Frontotemporal Degeneration (AFTD)](http://www.theaftd.org/)

AFTD promotes and funds research into finding the cause, therapies and cures for frontotemporal degeneration. They also offer information, education and support to persons diagnosed with an FTD disorder, and for their families and caregivers. To learn more about AFTD, visit [www.theaftd.org](http://www.theaftd.org/).

[The Lewy Body Dementia Association (LBDA)](http://www.lbda.org/)

LBDA works to raise awareness of Lewy body dementias (LBD), promoting scientific advances, and supporting people with LBD, their families, and caregivers. LBD is a complex disease that can present a range of physical, cognitive, and behavioral symptoms. It dramatically affects an estimated 1.4 million individuals and their families in the United States. To learn more, visit [www.lbda.org](http://www.lbda.org/).

Alzheimers.gov – For the People Helping People with Alzheimer’s

Resources from the Administration for Community Living on Alzheimer’s disease and other forms of dementia.

[National Institute on Aging: Alzheimer’s Disease Education and Referral Center](https://www.nia.nih.gov/alzheimers)

Resources from the National Institutes of Health on Alzheimer’s disease and other forms of dementia, including information on clinical trials and current advances in scientific research.

[U.S. Department of Veterans Affairs: Dementia Care (including Alzheimer’s)](http://www.va.gov/geriatrics/alzheimers_and_dementia_care.asp)

For those caring for a Veteran, resources on dementia care through the VA and information on new research on dementia in Veterans.

# CANCER CAREGIVING

[National Cancer Institute](http://www.cancer.gov/about-cancer/coping/family-friends/family-caregivers-pdq)

Family caregivers may be spouses, partners, children, relatives, or friends who help the patient with activities of daily living and health care needs at home. Many cancer patients today receive part of their care at home. Hospital stays are shorter than they used to be, and there are now more treatments that don’t need an overnight hospital stay or can be given outside of the hospital. People with cancer are living longer and many patients want to be cared for at home as much as possible. It is important that the family caregiver is a part of the team right from the start. These resources are about adult family caregivers in cancer.

[Cancer Experience Registry – Caregiver](http://www.cancerexperienceregistry.org/)

The Cancer Experience Registry is a unique online community that allows people facing cancer to share their experiences, identify the issues that impact their lives, take surveys, access resources and learn from each other. It is free, confidential and open to anyone who has been diagnosed with cancer or provides care to a cancer patient.

Cancer Support Community Helpline: 1-888-793-9355 or to chat live at [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org/)

The Cancer Support Community Helpline provides emotional and educational services for all people affected by cancer and their family caregivers.

[Cancer Support Community Affiliates & Support Groups for Caregivers](http://www.cancersupportcommunity.org/find-affiliate)

The Cancer Support Community Affiliate Network consists of 44 licensed affiliates, 170 locations and a growing number of healthcare partnerships.

[American Cancer Society – Caregivers Page](http://www.cancer.org/caregivers)

A cancer diagnosis affects close friends and family too. Find out what to expect if you become a caregiver for a person with cancer, and get tips for making sure that you take care of yourself as well. Resources available include information and support on How to Care for Someone with Cancer, Taking Care of Yourself as a Caregiver, How to Be Supportive to Someone with Cancer, When Your Child has Cancer, and a list of American Cancer Society Support Services and Programs for families who are managing cancer.

[Help for Cancer Caregivers](http://www.helpforcancercaregivers.org/)

A collaboration of Anthem, Inc., CancerCare, Caregiver Action Network, Indiana University and Michigan State University, this website provides resources and news on caregiver caregiving.

Caregiving for Persons with Disabilities, Rare Disease

[ALS (Amyotrophic Lateral Sclerosis) Association](http://www.alsa.org/)

[Autism Society of America](http://www.autism-society.org/)

[Autism Speaks](https://www.autismspeaks.org/)

[Brain Injury Association of America](http://www.biausa.org/)

[Easter Seals](http://www.easterseals.com/)

[Epilepsy Foundation](http://www.epilepsyfoundation.org/)

[Global Genes](https://globalgenes.org/)

[Muscular Dystrophy Association](https://www.mda.org/)

[ALS (Amyotrophic Lateral Sclerosis) Association](http://www.alsa.org/)

[National Alliance on Mental Illness (NAMI)](https://www.nami.org/)

[National Down Syndrome Society](https://www.ndss.org/)

[National MS Society](https://www.nationalmssociety.org/)

[National Organization for Rare Disorders (NORD)](https://rarediseases.org/)

[The Arc](https://www.thearc.org/)

[United Cerebral Palsy](http://ucp.org/)

From <<https://www.caregiving.org/resources/>>

[Resources for Caregivers | HHS.gov](https://www.hhs.gov/programs/providers-and-facilities/resources-for-caregivers/index.html)

[Caregivers: MedlinePlus](https://medlineplus.gov/caregivers.html)

Related Issues

[Adult Day Care](https://eldercare.acl.gov/Public/Resources/Factsheets/Adult_Day_Care.aspx) (Administration for Community Living)

[Caregiving and Sibling Relationships: Challenges and Opportunities](https://www.caregiver.org/resource/caregiving-and-sibling-relationships-challenges-and-opportunities/) (Family Caregiver Alliance)

[Caregiving at Home: A Guide to Community Resources](https://www.caregiver.org/resource/caregiving-home-guide-community-resources/) (Family Caregiver Alliance)

[Caring for Siblings of Kids with Disabilities](https://kidshealth.org/en/parents/siblings-special-needs.html) (Nemours Foundation)Also in [Spanish](https://kidshealth.org/es/parents/siblings-special-needs.html)

[Emergency Readiness for Older Adults and People with Disabilities](https://acl.gov/news-and-events/acl-blog/emergency-readiness-older-adults-and-people-disabilities) (Administration for Community Living)

[Getting Started with Long-Distance Caregiving](https://www.nia.nih.gov/health/getting-started-long-distance-caregiving)

 (National Institute on Aging)

[Guidelines for Better Communication with Brain Impaired Adults](https://www.caregiver.org/resource/guidelines-better-communication-brain-impaired-adults/) (Family Caregiver Alliance)

[Long-Distance Caregiving](https://www.nia.nih.gov/health/caregiving/long-distance-caregiving)

  (National Institute on Aging)

[VA Caregiver Support](https://www.caregiver.va.gov/) (Veterans Health Administration)

[What Are the Caregiver's Rights?](https://www.heart.org/-/media/files/health-topics/answers-by-heart/what-are-the-caregivers-rights.pdf?la=en)

  (American Heart Association) - PDF

Find an Expert

[AAAs (Area Agencies on Aging) & Title VI Aging Programs](https://www.usaging.org/aaastitlevi) (USAging)

[Caregiver Action Network](https://www.caregiveraction.org/)

[Family Care Navigator: State-by-State Help for Family Caregivers](https://www.caregiver.org/connecting-caregivers/services-by-state/) (Family Caregiver Alliance)

[National Institute on Aging](https://www.nia.nih.gov/)

Also in [Spanish](https://www.nia.nih.gov/espanol)

 [Find Local Caregiver Resources and Support In Your State (aarp.org)](https://www.aarp.org/caregiving/local/info-2021/state-caregiver-resources.html)

 [Family Caregiver Toolbox | Caregiver Action Network](https://www.caregiveraction.org/family-caregiver-toolbox)

# CELL PHONE/LIFELINE/WIRELESS SERVICE

(review age and income requirements for any resources located)

Search Tips: Search Mbr state/county for discount wireless, free cell phone,

CAUTION: review any links and information for legitimacy prior to sending or steering Mbr.

Additionally, suggest looking at alternate plans with their current carrier/alternate carriers to help lower cell phone/internet costs if they do not qualify for other programs.

Assurance Wireless Government cell phone program- [Lifeline Phone Service | Assurance Wireless](https://www.assurancewireless.com/)

AirTalk Wireless Government Assistance Program - [Qualifications for Lifeline | AirTalk Wireless](https://airtalkwireless.com/qualify)

Phones for hearing loss- <https://mn.gov/deaf-hard-of-hearing/assistive-technology/phone-devices/>

# CMS RESOURCES

|  |  |
| --- | --- |
| [Limited Income Net (LIS):](https://www.cms.gov/LimitedIncomeandResources/01_Overview.asp) | Provides temporary drug coverage for people who qualify for Medicare’s low-income subsidy (LIS) and are eligible for both Medicare ad Medicaid or both Medicare and Supplemental Security Income (SSI). |
| Medicare.gov: | Locate health and drug plans, find care providers, talk with someone from Medicare |
|  |  |
|  |  |

# COUNTY RESOURCES

Locate Member’s Specific County WebSite

Search Tips: Search Mbr county and “county services”, or “department of human services”.

This will provide each counties direct site for information including but not limited to: Elderly/Disabled, Mothers and Babies, Child Care, support for Medicaid and low-income health care options, as well as contact numbers direct to county services.

Consider calling local county services if searching for specific member needs- they can assist with identifying and steering to available county services and programs as well as provide information to other local options outside of county services.

# COVID-19

Center of Disease Control and Prevention:

FAQ: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Main Page: https://www.cdc.gov/coronavirus/2019-ncov/index.html

For the most Up to Date Information Specific to MN (# of cases):

Minnesota Department of Health (MDH): https:/Mbr agrees to /www.health.state.mMy 1:1 got resn.us/diseases/coronavirus/situation.html

What to Expect after Getting a COVID-19 Vaccine | CDC

Different COVID-19 Vaccines | CDC

Testing and International Air Travel | CDC

Frequently Asked Questions about COVID-19 Vaccination | CDC

 What to Expect after Getting a COVID-19 Vaccine | CDC

Different COVID-19 Vaccines | CDC

Situation Update for COVID-19 - Minnesota Dept. of Health (state.mn.us) Testing and International Air Travel | CDC

# CRISIS and MENTAL HEALTH RESOURCES

**988 Suicide & Crisis Lifeline**

**Call**

When you call **988**, these options are available:

• Veterans option 1

• Spanish option 2

• LGBTQ+ option 3

After you select an option, there will be a pause

while you are transferred to a crisis center.

You can also ask for a language interpreter.

**NAMI Minnesota Helpline**

Non-emergency mental health information.

Helpline advocates during business hours.

Connect to education, classes, support groups and

more.

• Call and leave a message at **1-888-626 -4435**

• Email **namihelps@namimn.org**

• Visit **www.namimn.org**

• Spanish website:

**namimn.org/support/en-espanol-apoyo/#**

• Classes available in Spanish

Adult Mental Health Crisis Response Teams Contacts: [Adult mental health crisis response phone numbers / Minnesota Department of Human Services](https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp)

[Friends & Co](https://friendsco.org/) – Friends of the Elderly offer several free services for older adults to help combat social isolation

# DHS LINKS

[Medical Supply Coverage Guide](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_FILE&RevisionSelectionMethod=LatestReleased&Rendition=Primary&allowInterrupt=1&noSaveAs=1&dDocName=dhs16_144055)- (list of MN Medicaid covered supplies and equipment)

[MHCP MN Health Care Programs Provider Manual](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_000094)- (primary source for MHCP coverage policies, rates and billing procedures)

[Nursing Facility Search](https://linkmn-my.sharepoint.com/personal/kim_pirkl_bluecrossmn_com/Documents/N%20Drive%20Migrated/Resources)

Community Based Services Manual (CBSM) - https://www.dhs.state.mn.us/main/idcplg?IdcService=GET\_DYNAMIC\_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id\_000402

# DISABLED/DISABILITY

County steerage to apply for SSDI, waiver, MA, etc. If veteran, provide steerage to local Veteran Service Office- one in every county. If work injury/work related, ensure Member with working with Work Comp.

[Disability Hub MN - Home](https://disabilityhubmn.org/)

MN Aging Resources- [Minnesota Board on Aging / Minnesota Board on Aging (MBA) (mn.gov)](https://mn.gov/board-on-aging/)

Legal Aid, if applicable- [Legal aid for people with low income, disabilities, and seniors - Mid-Minnesota Legal Aid (mylegalaid.org)](http://mylegalaid.org/)

## Social Security Disability Specialists

 <http://disabilityspecialists.net/>

Phone: 1-800-642-6393. This is for anyone in the United States. They can assist members with applying for social security (SSDI or SSI). \*\*There is no charge for this for members who live in Minnesota and are on PMAP or MNCare as the state has a contract with this agency to provide this; and they will help with the SMRT process through the county if needed

## Social Security Disability Income / SSI

 [www.ssa.gov/disability/](http://www.ssa.gov/disability/) (Pays benefits based on financial needed). These are federal programs that provide assistance to people with disabilities.

## Social Security Supplemental Income/SSDI

[www.ssa.gov/disability/](http://www.ssa.gov/disability/)

(Pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes).

## Veteran’s Benefits

[www.va.gov/healthbenefits](http://www.va.gov/healthbenefits)

Phone: 1-866-606-8198 Benefits for veterans and how to apply for benefits. Veteran’s Linkage Line Phone: 888-546-5838

## Aging and disability resource centers in every state

<https://www.n4a.org/adrcs>

Aging and Disability Resource Centers (ADRCs) serve as single points of entry into the long-term services and supports (LTSS) system for older adults, people with disabilities, caregivers, veterans and families.

# DMV AND DRIVER EDUCATION

[Disability Parking Permit application](https://linkmn-my.sharepoint.com/personal/kim_pirkl_bluecrossmn_com/Documents/N%20Drive%20Migrated/Resources)- chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://dps.mn.gov/divisions/dvs/forms-documents/documents/mv\_disabilityparkingcertificate.pdf

[Office of Traffic Safety](https://linkmn-my.sharepoint.com/personal/kim_pirkl_bluecrossmn_com/Documents/N%20Drive%20Migrated/CIP%202024/All%20Member%20Resource%20List%20Update%2010.08.2024.docx)

Drivers Education including Behind the wheel for disabled- (for disabled) contact 763-520-0312 to schedule appt for locations in Golden Valley, Forest Lake, Stillwater, Burnsville, Buffalo, St. Cloud, Rochester, Duluth and Spring Lake Park

# ELDERCARE RESOURCES

AARP- [www.aarp.org](http://www.aarp.org)

Caregiving- [www.caregving.com](http://www.caregving.com)

# EMOTIONAL SUPPORT ANIMALS

[Paws For Patrick](https://www.pawsforpatrick.org/) Non-profit dedicated to improving the mental health of young people through the emotional support of animals. Serves the entire US. They provide certification letters for emotional support animals. Animals come with funding for training and supplies.

# FINANCIAL NEEDS and UTILITY

Search TIPS:In addition to below, consider; local workforce centers, local community groups such as churches, cub scout/group service projects, etc.

Search: Ask member for their *specific utility companies*- Cm can assist member to check their utility servicers site for available assistance programs and options such as heat share, reduced rate billing, etc.

## Bridge to Benefits:

[Energy Assistance Program (bridgetobenefits.org)](http://www.bridgetobenefits.org/Energy_Assistance_Program_EAP2)

[Child Care Assistance (bridgetobenefits.org)](http://www.bridgetobenefits.org/Child_Care_Assistance_Program_CCAP2)

[Minnesota Family Investment Program (MFIP) (bridgetobenefits.org)](http://www.bridgetobenefits.org/Minnesota%20Family%20Investment%20Program%20%28MFIP%29)

[Medical Assistance (bridgetobenefits.org)](http://www.bridgetobenefits.org/Medical_Assistance_MA2)

## Energy Assistance Program

##

1-800-657-3710 <https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/#form>

How it works: The Energy Assistance Program pays up to $2,000 towards heat, power, and water costs, and is free for all eligible households. 1) Find you Energy Assistance partner by calling the number above. 2) Download an application (PDF) OR contact your local Energy Assistance partner and request an application OR request an application by mail using the form provided by the website link above. 3) Return your completed application to your local Energy Assistance partner. 4) Your Energy Assistance partner will take care of the rest.

## HeatShare Program

##

1-800-842-7279 <https://salvationarmynorth.org/northern/heatshare-program>

How it works: HeatShare is unlike other heat assistance programs because it's based almost exclusively on need. Though families must first prove they've been denied county or other assistance, their eligibility for HeatShare is then determined by only two factors — need and available HeatShare funding. To get help, either call the hotline or find the local office that serves your area at website above. Funds are typically used to pay for natural gas, oil, propane, and electricity.

## Neighbors, Inc.

651-455-5000 <https://www.neighborsmn.org/services/emergency-services>

How it works: Serves the communities of northern Dakota County: South St. Paul, West St. Paul, Inver Grove Heights, Lilydale, Mendota, Mendota Heights, Sunfish Lake). Neighbors provides Emergency Assistance Grants for a variety of needs, including Eviction Assistance, Utility Shut-offs, Car Repairs, and Medical Financial Assistance (including co-payment for necessary prescriptions). Please call us at 651-455-5000 to speak with one of our Client Engagement Specialists to apply for an Emergency Assistance Grant. Individuals 60 years of age or older that meet established income eligibility guidelines receive a monthly food package.

## United Way 2-11

Call 2-1-1  or visit 211.org.  They can direct you to local resources for food, housing, utilities, etc.

## Patient Advocate Foundation

##

(Solving Insurance and Healthcare Access Problems):   1-800-532-5274 or patientadvocate.org.  This is a national financial resource guidance service.

## Patient Access Network Foundation

##

1-866-316-7263 or panfoundation.org, 1-866-316-7263.  They provide help for people with chronic or life-threatening illness for whom cost limits access to critical medical treatments, including medications.

## County Assistance -Emergency assistance

Financial assistance, food stamps, general assistance (GA). For the phone number – Google county name, financial assistance.

## CADI Waiver

(Community Access for Disability Inclusion Waiver)

Contact for CADI is the county social services: Home and community-based services necessary as an alternative to institutionalization that promote the optimal health, independence, safety and integration of a person who would otherwise require the level of care provided in a nursing facility.

To be eligible for the CADI Waiver, a person must choose the CADI Waiver and meet all of the following criteria: 1. Be eligible for Medical Assistance (MA) 2. Certified disabled by Social Security or the State Medical Review Team (SMRT) process. 3. Be under the age of 65 years at time of opening to the waiver. 4. Determined by the case manager/service coordinator to need nursing facility level of care. 5. Has an assessed need for supports and services over and above those available through the MA State plan.

## Alternative Care Waiver

For 65+, and not on Medicaid – steer to county

## TEFRA

##

(Tax Equity and Fiscal Responsibility) Contact for TEFRA is the county social services:

To qualify for MA-TEFRA, a child must meet ALL of the following: live with at least one parent, be under age 19, have a disability determination from the State Medical Review Team (SMRT). This is required even if Social Security has certified the child as disabled), need a certain level of care to stay at home which compares to the level of care provided in a hospital, nursing home or intermediate care facility for people with developmental disabilities, home care costs are less than the cost for care in a medical facility. How is MA-TEFRA different from regular Medical Assistance (MA)? Only the child’s income is counted for MA-TEFRA eligibility. The child’s income limit is the same as the MA limit for a person who has a disability. For some children who have a disability, parents’ income is not counted when deciding if the child qualifies for MA. However, parents may have to pay a monthly fee.

# FOOD

\*\*\*Search local food pantry, local food shelves in Members area

Search Tips: search Mbrs city or county of residence and food shelf/food pantry to find local options.

\*consider offering to assist locating food pantry options even if Mbr declines needs with food but reports financial stressors in another area- educate Mbr that sometimes saving some money on food costs allows them to apply those funds to the area in which they are in need.

## SNAP

##

(Supplemental Nutrition Assistance Program) SNAP hotline 1-800-657-3698. Minnesota Food Helpline 1-888-711-1151. <https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp>

How it works: The program provides support to help stretch your household food budget. It is not intended to meet all your household's food needs. It is a supplement. SNAP eligibility depends on your household's income. Most types of income are counted. There are many deductions from income that are allowed under SNAP. A county worker can give you more information on income limits and deductions. You can apply online at <https://mnbenefits.mn.gov/> , or through paper application <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-5223F-ENG> then mail or bring in to your local county or tribal office, you may also call the SNAP hotline to see if you are eligible. When your benefits begin depends on the date the county receives your application through ApplyMN or the first page of the paper application. The county cannot decide if you will get benefits until you complete the entire application and provide required verifications. You will also need to complete an interview with a county worker.

**Fare for All**

<https://www.thefoodgroupmn.org/groceries/fare-for-all/>

Shop for quality, nutritious foods at discount and budget-friendly prices. Locations vary throughout the state.

**PRISM**

<https://prismmpls.org/program-overview/marketplace-food-shelf/>

Food shelf and housing assistance available in Minneapolis for anyone experiencing financial stress.

# HEARING ASSISTANCE

Hearing aid financial resources- Minnesota.gov- <https://mn.gov/deaf-hard-of-hearing/assistive-technology/hearing-aids/hearing-aid-resources.jsp>

# HOUSING

Search Tips: Mbrs city or county and affordable housing, low income housing. Consider searching the county website/local DHS for resources for housing and/or connecting the Mbr to the county to also assist with housing.

Legal Aid, if applicable- [Legal aid for people with low income, disabilities, and seniors - Mid-Minnesota Legal Aid (mylegalaid.org)](http://mylegalaid.org/)

## MN Homeless Shelter Directory

(Search for homeless shelters per each state/county)- [Minnesota Homeless Shelters - Minnesota Homeless Shelters And Emergency Shelters - Minnesota Homeless Services (homelessshelterdirectory.org)](https://www.homelessshelterdirectory.org/state/minnesota)

**Commonbond Subsidized Housing**- [commonbond.org](https://properties.commonbond.org/ourproperties)

# MEDICATION COSTS

Search Tips**:** In addition to below, consider checking the drug manufacturer sites for coupons, assist programs, etc. Additionally, can consider Mbr checking cost of the medication at other local pharmacies in their area as there can be price differences between pharmacies. Consider a Pharmacy Consult if unable to identify cost savings options for Mbr.

## Amazon Pharmacy

You can purchase using either your insurance copay or integrated MedsYourWay discount price. Eligible purchases count toward your deductible and/or out-of-pocket maximum\*\* regardless of how you pay.

Call Amazon Pharmacy Customer Care for Blue Cross and Blue Shield of Minnesota members at 855.206.2430

<https://pharmacy.amazon.com/myw/bluecrossmn>

## Cost Plus Drug Company

An alternative to the traditional pharmacy, focusing on price transparency and not accepting insurance.

It's a limited list of generic medications (no brand names). The claims are processed outside of a member's pharmacy benefit so they won't receive any credit towards deductible, OOP max, etc.

<https://costplusdrugs.com/>

## Medicare Part D coverage

If you qualify for Medicare you can sign up for a Medicare Part D plan that provides coverage for prescriptions. If you did not sign up when you qualified for Medicare there may be a monthly penalty fee. With these plans there are still co-pays on medications, so it is important to go to the Medicare website and enter your medications to compare plans/pharmacies during open enrollment.

<https://www.medicare.gov/drug-coverage-part-d>

<https://www.medicare.gov/plan-compare/#/?lang=en&year=2021>

This is a good place to help you start thinking about how to approach your search for a plan: <https://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage/6-tips-for-choosing-medicare-drug-coverage>

## Extra Help

This is a program for people with Medicare Part D. It gives you extra help to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program if you financially qualify.

<https://secure.ssa.gov/i1020/start>

<https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/find-your-level-of-extra-help-part-d>

## NeedyMeds

Website that compiles known discounts and programs for medications. Additionally, they have a discount card that works at some pharmacies to get a discounted rate for medications.

<https://www.needymeds.org/>

## Good Rx

Program that helps people without insurance that covers prescription drugs get medications at a discount. You go to the site, enter your medication, and then see where you can get it at a reduced price. Prices vary widely between pharmacies.

<https://www.goodrx.com/>

## Use Generics

Almost always generic medications are much cheaper than brand name ones. It pays to see if there is a generic version of your medication. Also, if you are on a name brand medication, there may be a generic medication that works similarly and would be a good alternative from the one you were currently prescribed. It is worthwhile to speak with your physician regarding your difficulty with affording a specific medication. They are often willing to look at less expensive alternatives for your health condition, since they would prefer you to be taking something rather than nothing at all. Another good resource is your pharmacist. They are experts in medications and may be able to recommend affordable alternate medications to you and your doctor.

## $4 Medication Lists

Some of the chain pharmacy companies have come up with $4 medication lists for people. You can search $4 medication list online or go to the following sites:

Walmart - <https://www.walmart.com/cp/4-prescriptions/1078664>

Target - <https://tgtfiles.target.com/pharmacy/WCMP02-032536_RxGenericsList_NM10.pdf>

Hy-Vee - <https://www.hy-vee.com/my-pharmacy/services/four-dollar-generics>

Walgreens - <https://www.walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190903.pdf>

CVS - <https://www.caremark.com/portal/asset/GE_CVSCaremark_ValuePricedGenerics_DL.pdf>

## Your Doctor or Pharmacist May Have Access to Charitable Funds

Sometimes pharmacies and health organizations have Charitable Funds that they can access to assist people who cannot afford medications. Usually these funds are limited, require proof or your income, and require you to fill out an application. It is worthwhile to check with your doctor and pharmacist to see if they have access to a fund like this that may assist you.

## Non-profit agencies that may assist

Multiple non-profit agencies provide financial support for medications, many for specific illnesses.

The Assistance Fund:

Various Cancer Diagnosis: <https://www.cancercare.org/copayfoundation>

Various diseases: <https://tafcares.org/>

**Good Days:**  Various diseases: <https://www.mygooddays.org/>

**Health Well Foundation:** Various diseases:<https://www.healthwellfoundation.org/disease-funds/>

**PAN Foundation:** Various illnesses: <https://www.panfoundation.org/>

## Programs Through Pharmaceutical Companies

Most pharmaceutical companies have a patient assistance program. To find out if your medication is covered you need to find out which pharmaceutical company makes the medication. Then you can search online for the medication, manufacturer and their patient assistance program to see if they provide any assistance with that medication. Below are the websites of the top 10 pharmaceutical’s assistance programs:

Merck - <https://www.merckhelps.com/>

Novartis - <https://www.patient.novartisoncology.com/financial-assistance/>

Bristol-Myers Squibb - <https://www.bmspaf.org/#home>

Johnson & Johnson - <https://www.jjpaf.org/>

Pfizer - <https://www.pfizerrxpathways.com/>

AbbVie - <https://www.abbvie.com/patients/patient-assistance.html>

Eli Lilly and Company - <https://www.lillycares.com/>

Biogen - <https://www.biogenoptions.com/en_us/home/financial-insurance-cost-assistance.html>

Astrazeneca- <http://www.astrazeneca-us.com/medicines/help-affording-your-medicines>

Abbott -

<https://www.rxresource.org/prescription-assistance/abbott-patient-assistance-foundation.html>

<https://www.rxresource.org/resources/2007-05-14.Abbott.Abbott_Patient_Assistance_Foundation.398.pdf>

<https://www.lcdhd.org/wp-content/uploads/2016/09/Abbott_Application.pdf>

<http://static.abbottnutrition.com/cms-prod/pathwayreimbursement.com/img/PAP%20Application%20Final.pdf>

Stryker - <https://www.stryker.com/spd/str-1d0-rx-benefits-print.pdf>

Regeneron - <https://www.regeneron.com/responsibility/improving-lives>

## RX financial assistance

[HelpRx : Pharmacy Discount Coupons & Savings Card](https://www.helprx.info/discounts?search)

[Co-Pay Relief – Patient Advocate Foundation | Co-Pay Relief (copays.org)](https://copays.org/)

[Medicine Assistance Tool](https://medicineassistancetool.org/)

Partnership for Prescription Assistance:  1-800-477-2669 or pparx.org.  They provide assistance in paying for prescription medication.

(DIABETES) [**https://www.novolog.com/type-2-diabetes/general-type-2/savings-and-coverage/patient-assistance-program.html**](https://www.novolog.com/type-2-diabetes/general-type-2/savings-and-coverage/patient-assistance-program.html)

[**www.needymeds.org/**](http://www.needymeds.org/)

 (DIABETES) [**http://www.diabetesnet.com/diabetes-resources/diabetes-assistance**](http://www.diabetesnet.com/diabetes-resources/diabetes-assistance)

 [**www.rxassist.org**](http://www.rxassist.org/)

 [**http://www.lillycares.com/**](http://www.lillycares.com/)

 [**https://www.rxhope.com/**](https://www.rxhope.com/)

 [**www.rxpharmacycoupons.com**](http://www.rxpharmacycoupons.com/)

# REFUGEE & IMMIGRANT SUPPORTS - Minnesota

[New American Welcome Centers | YMCA of the North (ymcanorth.org)](https://www.ymcanorth.org/impact/immigrant_refugee_support) YMCA of the North: Supports immigrants, refugees, and asylees in securing basic needs by helping them navigate and connect to immediate resources.

[Family Assister Referral Form (Page 1 of 4) (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=ZjJXgaV4kEit-uocArrkwiYbgkTKvbNFl4SyIXYvWtlUNDlONktRWVRZN1FTQjEzMkxYMUxETUtUQS4u) Refer a participant/family/household to the Family Assister program serving the Twin Cities Metro.

[About the Refugee Program | The Administration for Children and Families (hhs.gov)](https://www.acf.hhs.gov/orr/about-refugee-program) US Dept of HHS: Office of Refugee Resettlement: ORR’s Refugee Program help refugees and other eligible newcomers achieve economic self-sufficiency, well-being, and successful integration in the United States.

# SUBSTANCE USE SUPPORTS

* **Minnesota Recovery Connections** – \***THIS IS A** **PARTNER ORGANIZATION (MEDICAID ONLY)**

**REFER TO Care Management Resource and Community Referral Policy (LINK once uploaded)**

[**Community Partner Referral PowerApp**](https://apps.powerapps.com/play/e/default-f2cae92a-8892-4e20-96c4-6ad7ba8f0e72/a/bf57f81d-2bea-4d6c-8643-9ab5f1a1d4bb?tenantId=f2cae92a-8892-4e20-96c4-6ad7ba8f0e72&source=AppSharedV3&hint=b9406d31-4da0-4ae7-95b6-14f074133f7b&sourcetime=1697131881800) **: used for the referral and referral tracking**

<https://minnesotarecovery.org/> (612)584-4158 info@minnesotarecovery.org

Minnesota Recovery Connection is a Recovery Community Organization (RCO), led and governed by representatives of local communities of recovery. They honor all pathways to recovery and are not a treatment provider. Rather, they exist to fill gaps in systems of care, connecting people to support and services that help make long-term recovery from substance use disorder possible. They provide peer-to-peer recovery support services, public education, and advocacy.

# TRANSPORTATION

Cars for low income- <https://www.workingcarsforworkingfamilies.org/find-a-program/>

Low cost car repairs- <https://www.theliftgarage.org/>

# UNIVERSAL RESOURCES

Multiple Resources Encompassed with these organizations

[The Community Resource Link by findhelp - Search and Connect to Social Care](https://mnbcbs.findhelp.com/)

This site allows you to search for community resources by zip code.

Bridge to Benefits- [Home (bridgetobenefits.org)](http://bridgetobenefits.org/Home2)

Catholic Charities- [Catholic Charities USA – Provides service to people in need, to advocate for justice in social structures, and to call the entire church and other people of good will to do the same.](https://www.catholiccharitiesusa.org/)

Senior Linkage Line- <https://mn.gov/senior-linkage-line/> They can assist with understanding Medicare, choosing a Medicare Part D plan, understanding options for aging in place, and housing/Assisted Living options, provide tips for caregivers, etc.

# VISION ASSISTANCE

American Council of the Blind- [www.acb.org](http://www.acb.org)

State Services for the Blind- 651-829-2300

Seniors/State Services for the Blind- Minnesota.gov- <https://mn.gov/deed/ssb/seniors/>

# MN COUNTY RESOURCES

**Aitkin:** [**https://aitkincountycare.org/Care\_Directory.pdf**](https://aitkincountycare.org/Care_Directory.pdf)

**(crisis line and referral, National resources, clothing assistance, counseling, crisis intervention, disability services, emergency assistance, financial assistance, food and nutrition, health and in-home services, Senior Clubs, Senior services, Support Groups, transportation)**

**\*\*Anoka:**  <https://accap.org/wp-content/uploads/2023/04/2022-Resource-Guide.pdf> (page 64 SENIORS ONLY)

(Outreach and referral services, transportation, food, food shelves, home services, chore services, volunteers caregivers for respite, in home foot care, moving services, home improvement, PERS units, donated dental services, medical equipment loan program

 **Becker:** [ResourceGuide.pdf (beckercountyenergize.com)](http://beckercountyenergize.com/wp-content/uploads/2019/08/ResourceGuide.pdf)

(energy assistance, utility bills, emergency shelter, emergency housing assistance, etc) <http://lakescrisis.com/resources> (housing, legal assistance, Medicaid, emergency shelter, food assistance, Community Action contacts etc)

<https://www.co.becker.mn.us/dept/transit/> (Transportation)

 **Beltrami:** <https://www.bicap.org/wp-content/uploads/2021/07/beltrami-county-resources.pdf>

(food shelves, emergency funds, soup kitchens, clothing resources, housing, emergency funds, legal services, Emergency Assistance, Transportation, MH services etc.)

<http://www.crcinform.org/directory> (food shelves, emergency services, clothing and household resources, housing, senior services)

 **Benton:** <https://tricap.org/community-resources/>

(Shelters, Transportation, legal services, food, crisis, MH, Veterans, Disability resources, Housing, Senior resources, etc)

<https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Big Stone:** <https://cms7files.revize.com/bigstonemn/Home%20and%20Community%20Based%20Services%20Resource%20Directory.pdf>

 (Financial Assistance, Food shelf and Fuel Assistance, Transportation, MH resources, etc)

[http://www.bigstonecounty.org/government/family\_services/resources\_&\_links.php](http://www.bigstonecounty.org/government/family_services/resources_%26_links.php) (SNAP/Food stamp resources, health Care, housing, etc.)

<https://oahs.us/resource-directory/> (mental health resources only)

 **Blue Earth:** <https://www.blueearthcountymn.gov/DocumentCenter/View/1677/HE-Community-Resources-as-of-20151231?bidId=> (food assistance, meal programs, )

Seniors: <https://www.blueearthcountymn.gov/522/Seniors>

<https://www.wilder.org/sites/default/files/imports/BlueEarthCountySHIP_5-14.pdf> (meals and food programs, United Way 211, low income medical and dental assistance,

 **Brown:** <https://www.unitedwaybrowncountyarea.org/partner-organizations>

(American Red Cross, Clothing Depot, Salvation Army, Grief Support, Respite Care, Senior nutrition, fitness programs and socialization opportunities for seniors)

 **Carlton:** <http://unitedwaycarltoncounty.org/what-we-do> (Salvation Army, Food shelves, Volunteer Attorney program)

<http://vscci.com/wp-content/uploads/2014/09/14-15-Guide.pdf> (Caregiver Connections, Chore services, Energy assistance, Friendly Visiting, home care, hospice, housing, food assistance, food shelves, senior dining, Respite Care, Senior Organizations Centers and Clubs, Support Groups, Transportation)

Long Term Care & Elderly Services: <https://www.co.carlton.mn.us/369/Long-Term-Care-Elderly-Services>

 **Carver:** https://www.carvercountymn.gov/departments/health-human-services/public-health/resources (clothing, energy assistance, housing, legal services, transportation, food shelves, Meals on Wheels, Senior Dining, Senior Services,)

 **Cass:** <https://www.casscountymn.gov/1234/Senior-Transportation-Program>

<https://www.crcinform.org/directory/listing/cass-county-volunteer-driver-program?tab=related&sort=reviews&category=0&zoom=15&is_mile=0&directory_radius=0&view=grid#sabai-inline-content-related> (Transportation)

<https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

<https://www.seniorcoalition.org/adult-day-care-respite> (respite/adult day)

 **Chippewa:** [**https://westcap.org/chippewa-county-resources/**](https://westcap.org/chippewa-county-resources/)

(Home Care Services, Counseling and support services, Fuel Assistance and Meals, Grocery delivery, Guardianship services, Hospice, Meals, Senior Centers, Transportation, Churches).

<https://www.co.chippewa.mn.us/DocumentCenter/View/117/Mental-Health-Services-Resource-Directory-PDF?bidId=> (MH services, financial services, legal services, emergency and crisis services)

**Chisago:** [**https://www.chisagocountymn.gov/410/Helpful-Links-Resources**](https://www.chisagocountymn.gov/410/Helpful-Links-Resources)

(in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

<https://cmcoa.org/wp-content/uploads/2021/11/2021.22-Hsg-Guide.pdf> (Housing Directory page 14)

 **Clay:** <https://claycountymn.gov/DocumentCenter/View/7517/FM-Resource-List>

<https://www.needhelppayingbills.com/html/lakes_and_prairies_community_a.html> (Housing, food, SNAP/food stamp program,

 **Clearwater:** <https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (First Call 211, Food Shelf, Recovery, Elderly nutrition, Adult Day Services, transportation)

 **Cook:** <http://carepartnersofcookcounty.org/programs-services/> (Senior Rides, Chore Services, Respite volunteers.)

<https://www.co.cook.mn.us/index.php/2016-04-05-18-36-29> (volunteers, transportation, utilities, etc)

 **Cottonwood:** <https://www.co.cottonwood.mn.us/departments/services/veterans/helpful_links.php> (Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

 **Crow Wing:** <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

**Dakota:** <https://www.co.dakota.mn.us/Government/publiccommittees/CFL/Pages/resources-links.aspx> (Homepage) <https://www.co.dakota.mn.us/HealthFamily/HealthServices/MoreLowCostServices/Documents/CommunityResourceGuide.pdf>

<https://wspmn.gov/602/Senior-Resources> (for West St. Paul- Adult Day Services, Caregiver Services and Support Groups, Chore/Home Maintenance Services, Finanical Asisstance, Food and Nutrition Services, food delivery, Health care, hospice, home visiting services, hospice, information and assistance, legal services, relocation/transition services, tax help, transportation, interpreter services, Veterans Services)

 **Dodge:** <https://www.co.dodge.wi.gov/home/showpublisheddocument/49717/638089464493270000> ( Adult Day, Caregiver Support, chore Services, hospice, home care, meals on wheels, Mental Health, Senior Dining, Telephone Reassurance, Transportation, Faith in Action)

 **Douglas:** <https://www.douglas.co.us/wp-content/uploads/2023/08/Douglas-County-Resource-Guide-2023.pdf>

 <http://hospicedouglascounty.org/palliative-care/> (hospice/palliative care only)

 **Faribault:** <https://www.mnvac.org/wp-content/uploads/2023/07/2023-resource.pdf> ( community health, financial assistance, Bridges out of Poverty). (Look at Martin Co. for more information)

 **Fillmore:** <https://cms9files.revize.com/fillmoremn/Community_Resource_Guide10242018.pdf>

(clothing and household goods, financial help, food, homemaking, housing, legal services, Mental Health, Senior Services, Special Needs Services, Transportation)

**Freeborn:** <http://www.co.freeborn.mn.us/DocumentCenter/View/2625/Resource-Directory-for-Freeborn-County---February-2019?bidId=> (Counseling and support groups, Mental health, food assistance, housing assistance, legal assistance, Medicaid, Transportation, Utilities assistance,

<https://semaaarochestermn.org/county-services/freeborn-county/> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

 **Goodhue:** [Goodhue-County-Resource-Guide-September--2019](https://co.goodhue.mn.us/DocumentCenter/View/19801/Goodhue-County-Resource-Guide-September--2019) (Adult Day Services, Caregiver Support, Hospice, legal assistance, home health agencies, meals on wheels, senior centers, senior dining, personal response system, Telephone reassurance, transportation, volunteer or Faith in Action

 **Grant:** <http://www.co.grant.mn.us/DocumentCenter/View/25/County-Resource-Guide-PDF?bidId=> (Mental Health, Free clothing, food shelves, Senior nutrition program- NAPS, transportation, Salvation Army, Thrift Store, Energy Assistance, Housing)

 **Hennepin:** <https://caphennepin.org/what-we-do/community-resources.html>

 (clothing/furniture, crisis, energy assistance, homelessness services, food support, financial services, transportation, legal services, adult day programs, meals on wheels, caregiver support )

**Houston:** [**https://www.co.houston.mn.us/?mdocs-file=2202**](https://www.co.houston.mn.us/?mdocs-file=2202)

(food shelf, clothes closet, Salvation Army, Catholic Charities, Section 8 housing, Express Care, legal Aid, Outreach services for uninsured or underinsured, Neighbors in Action- LaCrescent only, Transportation

<https://semaaarochestermn.org/county-services/houston-county/> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

 **Hubbard:** <http://www.crcinform.org/> (services, transportation and mental health services).

<https://www.sahma.org/rc_files/105/DuvalCountyFL.pdf> (Food and nutrition, housing, legal assistance, rent and utilities, transportation)

<https://www.lltc.edu/_assets/docs/resources/HubbardCountyResources.pdf> (clothing, food shelf, home health, hospice, Medicare, food, housing, legal, transportation)

 **Isanti:** <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Itasca:** [**https://gracehousemn.org/area-resources/**](https://gracehousemn.org/area-resources/)

<https://www.itascacountyhra.org/find-help/agencies-that-can-help>

 **Jackson:** <http://www.adrcjacksoncounty.org/wp-content/uploads/2018/07/Jackson-County-Resource-Guide-with-links-7.20.2018.pdf> (Adult Day, Alzheimer/Dementia Services, Caregiver Support, Emergency Resources, Financial Resources, Food/Meal resources, home health/hospice, housing alternatives, legal services, Medical equipment/supplies, Mental health services, prescription drug programs, repair/chores/errands, respite care, senior centers, support groups, telephone services, transportation)

 **Kanabec:** <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Kandiyohi:** [https://www.pactforfamilies.org/ck-files/KandiyohiCountyResourceGuide\_web2%20(1).pdf](https://www.pactforfamilies.org/ck-files/KandiyohiCountyResourceGuide_web2%20%281%29.pdf)

 (clothing, energy assistance, Senior resources, Financial counseling, Food resources, Grief and loss, housing resources, legal aid, mental health resources, transportation)

 **Kittson:** [https://static1.squarespace.com/static/63c9a6ab0249a276eb4fbf03/t/6481ed008b43e762a98825d9/1686236416759/Kittson+County+Resources.pdf](https://static1.squarespace.com/static/63c9a6ab0249a276eb4fbf03/t/6481ed008b43e762a98825d9/1686236416759/Kittson%2BCounty%2BResources.pdf) (Legal services, Medical assistance, food shelves, food stamps, heat assistance, energy assistance, transportation.)

 **Koochiching:** <http://www.koochichingagingoptions.org/assistance-and-info.html> (Crisis housing, energy assistance, heating assistance, Food bank, Medical Assistance, Legal aid, Open closet, Transportation

 **Lac Qui Parle:** <https://www.lqpco.com/288/Resource-Directory> (Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

[Family Services | Lac qui Parle County, MN (lqpco.com)](https://www.lqpco.com/184/Family-Services)

 **Lake:** <https://lakecountryassociates.com/wp-content/uploads/2016/01/Community-Resource-List-11-14-16-1.pdf> (Volunteer transportation/yard work/home maintenance/shopping, Groceries to go, Eldercare locator line, housing link, chore services)

 **Lake Of The Woods:** [**https://intercountycc.org/media/1439/2022-community-resource-guide.pdf**](https://intercountycc.org/media/1439/2022-community-resource-guide.pdf)(mental health services, food shelves, Salvation Army, Transportation, thrift stores)

 **Le Sueur:** <http://www.co.le-sueur.mn.us/DocumentCenter/View/399/Resource-Guide-for-Disabled-Individuals-and-Senior-Adults-PDF> (Adult Day Care, Clothing, Emergency Assistance, Lifeline, Equipment and supplies, Food and Nutrition, Food stamps, Hospice, housing, Homecare, Home delivered meals and congregate dining, Mental health services, respite care, Senior Citizen Clubs, Services for the Blind, Shelters, Support Groups, Telephone Assistance, Transportation, VA services, Medicare, Ombudsman Services, Waivered Services, SSI)

 **Lincoln:** <https://health.mo.gov/seniors/resources/pdf/lincoln-co-resource-guide.pdf> (Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

 **Lyon:** [**https://www.newhorizonscrisiscenter.org/ckfinder/userfiles/files/Lyon%20County%20Resources(1).pdf**](https://www.newhorizonscrisiscenter.org/ckfinder/userfiles/files/Lyon%20County%20Resources%281%29.pdf)(Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

**Mahnomen:** [**https://allumacares.org/resources/client-forms/mahnomen-county-resource-directory/**](https://allumacares.org/resources/client-forms/mahnomen-county-resource-directory/)(mental health, hospice, caregivers program, block nurse, chore services, energy assistance, food and shelter programs, transportation, housing, Salvation Army, Legal assistance, Medical assistance, Senior centers)

 **Marshall:** <https://www.unitedwayswmn.org/HELP> (Alzheimer’s support, Catholic Charities, mental health, community action, food shelves, Section 8 housing, Open Door health center, Salvation Army, Senior Advocacy program, Senior Dining, Thrift Store)

<https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (Resource Guide)

 **Martin:** <https://www.mnvac.org/wp-content/uploads/2023/07/2023-resource.pdf> (food, housing, transportation, disability services)

 **McLeod:** <https://www.pactforfamilies.org/ck-files/mcleod-resource-guide-online-032922.pdf>

(food shelves, homeless shelters, homeless supports, transitional shelters, legal aid, emergency/mortgage/rent and rental deposit assistance, medical expense assistance, utility bill assistance, mental health, thrift shops, transportation, Community Action program, United Way.)

 **Meeker:** <https://www.pactforfamilies.org/ck-files/MeekerCountyResourceGuide_web.pdf> (food shelf, homeless shelters, homeless support, legal services, crisis lines, emergency/mortgage/rent &rental deposit assistance, Food stamp and Medicaid, Salvation Army, Utility Bill assistance, thrift shops, transportation, Community Action and United Way.)

 **Mille Lacs:** [**https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf**](https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf)(in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Morrison:** [**https://tricap.org/community-resources/**](https://tricap.org/community-resources/)(Shelters, Transportation, legal services, food, crisis, MH, Veterans, Disability resources, Housing, Senior resources, etc)

<https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Mower:** <https://docplayer.net/6316318-Mower-county-senior-resource-directory.html> (food programs, health services, housing Advocacy services, Caregiver support and support groups, chore services, disabled services, financial services, guardianship and Conservatorship, Insurance counseling, Medical equipment, Personal emergency response system, Respite, senior companion, transportation).

<https://semaaarochestermn.org/county-services/mower-county/> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

 **Murray:** [**https://www.swmhp.org/housing-help/murray-county/**](https://www.swmhp.org/housing-help/murray-county/)(Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

 **Nicollet:** <https://www.saintpetermn.gov/DocumentCenter/View/256/Nicollet-County-Resources-PDF> (chemical dependency services, mental health services, American Red Cross, Crisis Intervention, Emergency housing, food and nutrition, Health Services, housing programs, legal services, Senior programs including Aging services, Meals on Wheels, NAPS, senior center. Thrift/discount stores, transportation, Utility assistance, discount phone assistance, Heat Share)

 **Nobles:** <https://www.co.nobles.mn.us/departments/community-services/> (Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

 **Norman:** [**https://www.co.norman.mn.us/departments/social\_services/index.php**](https://www.co.norman.mn.us/departments/social_services/index.php) ( Care services, Clothing, Food/meal services, legal Services, Senior centers, Transportation, senior housing)

<https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (resource guide)

**Olmsted:** [Services for Individuals & Families | Olmsted County, MN](https://www.olmstedcounty.gov/residents/services-individuals-families) ( Financial assistance, food shelves, free meals, health care, mental health, housing, subsidized housing, thrift stores, transportation)

<https://semaaarochestermn.org/county-services/olmsted-county/> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

**Otter Tail:** <https://ottertailcounty.gov/wp-content/uploads/2018/08/Otter-Tail-County-Public-Health-Family-Resources-Guide.pdf> (food shelves, meals on wheels, furniture/clothing, household goods, housing, homelessness, legal services, Mental Health, Senior Services, Senior Centers, Transportation, Caregiver support and respite program, Utilities assistance, energy assistance, phone/cable and internet assistance

 **Pennington:** <https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (Resource Guide)

<https://www.tvoc.org/services/senior-programs/> (Companion care for transportation, Emergency services, Energy assistance, SNAP food program, Transportation)

 **Pine:** <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Pipestone:** [**https://www.progressivepipestone.com/351/Assistance-Resources**](https://www.progressivepipestone.com/351/Assistance-Resources)(Energy assistance, housing programs, transportation, food emergencies, Emergency food and shelter programs, weatherization)

 **Polk:** <https://www.tvoc.org/services/senior-programs/> (Companion care for transportation, Emergency services, Energy assistance, SNAP food program, Transportation)

<https://intercountycc.org/> (Energy assistance, Weatherization, Food support)

<https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (Resource Guide)

 **Pope:** <http://www.wcmca.org/> (Energy assistance, housing programs, transportation, food emergencies, Emergency food and shelter programs, weatherization)

**Ramsey:** <http://www.caprw.org/> (energy assistance, car ownership, SNAP benefits)

<https://www.isd622.org/cms/lib/MN01001375/Centricity/Domain/1977/Ramsey%20County%20Family%20Resources.pdf> (clothing and furniture, counseling and support, crisis numbers and programs, financial assistance, food and nutrition programs, health care, housing, legal advice, support groups, telephone help lines, transportation).

 **Red Lake:** <https://intercountycc.org/media/1439/2022-community-resource-guide.pdf> (Resource Guide) (Adult Day Services, Mental Health services, Dial a Ride transportation, Emergency Assistance, Energy assistance, Food shelf, housing, meals, Senior Center)

 **Redwood:** [**https://swmhhs.com/financial-assistance/**](https://swmhhs.com/financial-assistance/)(Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)

[Senior Center - Redwood Area Community Center](https://redwoodareacommunitycenter.com/senior-center/) meals, delivery, health and wellness, activities

 **Renville:** <https://www.pactforfamilies.org/ck-files/2020%2010%20Resource%20Guide%20for%20Families%20RENVILLE.pdf> (employment, food, healthcare, housing, transportation, legal, employment, hearing/vision)

**Rice:** <https://www.ricecountymn.gov/DocumentCenter/View/2439/Rice-County-Resource-Referral-Guide> (SSI information, housing assistance, Medicaid information, Community Action Program- clothing, emergency services, telephone reassurance, transportation, Legal services, Emergency housing, Food shelves, crisis services, substance abuse, etc. )

<https://www.laurabaker.org/files/Resource-List-Revised-March-2017-1.pdf> (SSI, 24 hour Crisis lines, Legal Aid, Mental health supports, Chemical and Substance Abuse resources, food shelves, and free dinners, clothing and furniture, financial counseling, housing, transportation, gas vouchers, Adult Day, Senior Centers, Senior Volunteer program)

<https://semaaarochestermn.org/county-services/rice-county/> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

 **Rock:** [**https://www.nhawic.org/resources/nutrition-resources/rock-county-resource-guide**](https://www.nhawic.org/resources/nutrition-resources/rock-county-resource-guide)(support groups, transportation, emergency services, food and nutrition services, health care, housing, in home care/respite, life line, heat share, used household items and clothing.)

 **Roseau:** <http://www.co.roseau.mn.us/government/s_-_z/social_services/adult_services.php#.XK0efNKWyJB> (Medicaid, Food support program)

<https://www.tvoc.org/services/senior-programs/> (Companion care for transportation, Emergency services, Energy assistance, SNAP food program, Transportation)

 **St. Louis:** <http://safehavenshelter.org/learn/community-resources/> ( emergency housing, Salvation Army, Transition housing, Legal Assistance)

<https://www.stlouiscountymn.gov/departments-a-z/public-health-human-services/adult-services> (Transportation, cash and food assistance, homelessness, nutrition programs)

 **Scott:** <https://capagency.org/> (clothing, energy assistance, housing, legal services, transportation, food shelves, Meals on Wheels, Senior Dining, Senior Services,)

<https://www.scottcountymn.gov/DocumentCenter/View/1546/Scott-County-Resource-Directory-PDF?bidId=> (Adult Day Services, Caregiver Resources/Support Groups, Hospice, Home Health Care, Housing, Information Referral, Medical Equipment/Supplies, Safety/Lifelines, Senior Dining/Nutrition, Transportation, Volunteer Opportunities)

**Sherburne:** <https://www.co.sherburne.mn.us/DocumentCenter/View/391/Adult-Resource-Directory-DDAC-PDF?bidId=%20>( clothing and household resources, emergency shelter, financial assistance, food resources, health care services, housing and foreclosure services, legal services, mental health services, prescription assistance, Senior information and referral, transportation, utility assistance United Way resource links)

<https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

<https://www.co.sherburne.mn.us/1365/Health-Human-Services> Sherburne County Health & Human Services Home Page. Includes link to “Services Request Form” to request assistance with various integrated services including MNChoices, WIC and many other areas.

 **Sibley:** <https://www.sibleycounty.gov/330/Public-Health-Human-Services> (Substance use, county burial, mental health, adult protection, SNAP food program.)

 **Stearns:** <https://tricap.org/community-resources/> (Shelters, Transportation, legal services, food, crisis, MH, Veterans, Disability resources, Housing, Senior resources, etc)

[Finding Help – CMCOA](https://cmcoa.org/finding-help/) (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

Waiver requests (Stearns Co) – 320-656-6000; press “0” and request the Waiver connectors.

 **Steele:** <https://www.steelecountymn.gov/divisions/community_services/public_health/community_resources.php> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior center, senior dining, Telephone reassurance, PERS, Transportation, Volunteer based programs.)

 **\*\*Stevens:** <http://www.co.stevens.mn.us/index.aspx?NID=1031> (Salvation Army, Lifeline telecommunications discount (Website: <http://www.lifelinesupport.org/ls/>)

 **Swift:** <https://www.swiftcounty.com/?SEC=B99CCBF4-CC2F-476A-AB74-5D3004C2C358> (energy assistance, home repairs, senior nutrition, transportation, weatherization, food shelves, outreach offices, crisis resources, housing)

**Todd:** <https://www.co.todd.mn.us/sites/default/files/public_health/Resource%20Directory.pdf>

 (housing, shelters, memory care facilities)

 <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Traverse:** <https://www.co.traverse.mn.us/wp-content/uploads/2021/10/Traverse-County-Resource-Book-June-2019.pdf> Disability resources, Emergency resources, Food resources, housing resources, legal resources, mental health resources, transportation resources)

 **Wabasha:** <https://cms9files1.revize.com/wabasha/social%20services/Community%20Resource%20Booklet%202019.pdf> ( Adult Day services, Advocacy, Caregiver support, Chore Service, hospice, legal assistance, home health care, LTCC, meals on wheels, senior dining, PERS, Transportation, Volunteer based programs.)

 **Wadena:** <https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf>

(in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

 **Waseca:** <https://www.wasecacounty.gov/BusinessDirectoryII.aspx?lngBusinessCategoryID=22> Adult and disability services, housing and homeless resources, crisis services, income and food assistance.

**Washington:** <https://www.co.washington.mn.us/DocumentCenter/View/871/Children-and-Families-resource-guide?bidId=> (clothing/furniture/equipment, counseling and support, Crisis numbers, Emergency and Transitional housing, Car ownership and energy assistance, Salvation Army emergency financial situations, food shelves, health care, Diabetes resources, Legal Services, Mental Health Resources, Nutrition and Food programs, Alzheimer’s education, Community Thread for seniors, Respite Care, caregiver support groups, Senior Centers, many support groups, transportation)

 **Watonwan:** <http://southcentral.edu/Student-Life/community-service.html> (food assistance, housing, transportation, health and mental health assistance, financial assistance, health and mental health assistance)

 **Wilkin:** <https://www.co.wilkin.mn.us/seniorprogram> (Homemaker, Senior program- caregiver support, financial emergencies, free food program, etc.)

<https://www.crcinform.org/directory/listing/transit-alternatives?tab=related&category=0&center=47.203882%2C-122.215321&zoom=15&is_mile=0&directory_radius=100&view=grid&sort=title&filter=1#sabai-inline-content-related> (Transportation)

 **Winona:** <https://www.co.winona.mn.us/262/Resources> (Adult day services, caregiver support, chore service, hospice, legal assistance, Senior Center, Senior Dining, Telephone Reassurance, PERS, Transportation, Volunteer Based programs.)

 **Wright:** <https://tricap.org/community-resources/> (Shelters, Transportation, legal services, food, crisis, MH, Veterans, Disability resources, Housing, Senior resources, etc)

<https://cmcoa.org/wp-content/uploads/2023/02/2023-Full-Resource-Directory-2.15.23.pdf> (in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

[**http://www.cmcoa.org/downloads/2017%20Quick%20Look%20for%20Website.pdf**](http://www.cmcoa.org/downloads/2017%20Quick%20Look%20for%20Website.pdf)(in-home respite, Adult day services, Volunteer Services, Faith in Action Program, Senior Companion Program, Senior Centers, Financial/Energy Assistance, Hospice, Emergency Response Systems, Support Groups, Transportation, Home health/Personal Care, Nutrition/meals, Food assistance)

[**https://www.co.wright.mn.us/DocumentCenter/View/5250/Services-Available-for-Seniors?bidId=**](https://www.co.wright.mn.us/DocumentCenter/View/5250/Services-Available-for-Seniors?bidId=)(Adult Day, Adult Foster Care, Assisted Living, Energy Assistance, Food Resources, Food Shelves/Clothing Centers, Home Health Care, Home Delivered meals, Homemaker, hospice, housing, Medicaid, Salvation Army, Senior Companion Program, Senior Dining, State Services for the Blind, Telephone program/equipment, Transportation, VA Benefits)

 **Yellow Medicine:** <https://www.pactforfamilies.org/ck-files/YM%20County%20services%20directory%2008.03.2020.pdf> (Community Center, Catholic Charities, Free Tax preparation, block nurse program, Goodwill, Section 8 housing, Food program-NAPS, Open Door Health Care Center, Senior Dining, Community Action Programs, Legal Services, Support Groups)