

Older Adult Resources

Friends and Co.: (612) 721-1400 www.friendsco.org

Provides visits from a friendly volunteer to reduce isolation and loneliness for isolated seniors, age 65 and older in the Twin Cities. Occasional social events and holiday dinners as well.

Help at Your Door: (651) 642-1892 <https://helpatyourdoor.org/>

Provides assistance in three areas on a sliding-fee scale basis:

Store to Door will fulfill grocery order and deliver to home for those unable to shop on their own.

Handyman Services will assist with interior or exterior maintenance needs

Transportation Services provides transportation to run errands, go to medical appointments.

Senior Community Services: (952)746-4046 <http://seniorcommunity.org/>

Provides some help with housework on a sliding-fee basis, call for details. Website also has other senior resources and information. Hennepin County.

boxElder Services: 612-236-5482 www.boxelderservices.com

Provides packing, storage, moving, organization, and handyman assistance for seniors, with offices in Minneapolis and Hudson, WI.

Eastside Neighborhood Services: 612-781-6011 <http://www.esns.org/Seniors>

Offers several services for seniors including a day center, transportation, senior-specific employment assistance, and senior dining options.

ENS Senior Food shelf: 1801 Central Ave. NE Minneapolis, MN. (612) 788-9521

Eligibility: 55+, low income, living in Hennepin County. Can use in addition to your local food shelf.

Eastside Elders: Neighbors Helping Neighbors: (651) 683-2326

Serving seniors in Dayton's Bluff, Payne-Phalen, and Conway-Battle Creek neighborhoods.

Provides the following services through volunteers: Friendly visits, help with finances, transportation, legal help, chores and shopping.

NorthEast Senior Services, Inc: (612) 781-5096 <http://www.neseniors.org/>

Serving the communities of Columbia Heights, Northeast Minneapolis, New Brighton and St. Anthony Village, this agency offers several programs for seniors, including transportation, wellness, foot clinics, In-home chore and maintenance, and referral to legal, home health, and other local resources for seniors.

Keystone Community Services – Seniors: (651) 645-0349

<https://keystoneservices.org/seniors/>

Offers a wide variety of services for seniors including Meals on Wheels, food shelves, fitness and social activities, in-home services, and care management and consultation.

Wilder Foundation – Older Adult Services: (651) 280-2500 <http://www.wilder.org/Programs-Services/Older-Adult-Services/Pages/default.aspx>

Provides several services for seniors including adult day programs, assisted living, health & wellness, memory care, and Meals on Wheels. Some programs (e.g. Meals on Wheels) limited to persons living in certain parts of St. Paul.

Lutheran Social Services – Services for Older Adults: (800) 582-5260

<http://www.lssmn.org/oa/services>

Provides a range of services for older adults, including Meals on Wheels, caregiver support, senior companion services, financial and legal resources, and volunteer and job opportunities.

Senior Resource and Referral Sites

Rebuilding Together – Twin Cities: <http://rebuildingtogether-twincities.org/resources/chore-senior-services/>

This site offers links to several resources for seniors, including home maintenance and chore programs, Meals on Wheels, and other forms of assistance for seniors.

Savvy Senior Resources: (651) 770-8462 <http://www.savvyseniorsources.com/>

A comprehensive list of resources for seniors in the Metro area, ranging from accounting and advocacy to home care to moving and transportation services.

MN Seniors Online: (763) 780-8309 <http://www.mnseniorsonline.com/index.html>

Another comprehensive list of resources for seniors, in MN, with an emphasis on senior housing, businesses serving seniors, and health and home care.

MN Senior Linkage Line: (800) 333-2433 <http://www.seniorlinkageline.com/>

This is the MN Board on Aging's free statewide information and assistance service for seniors. They have expertise in Medicare and other forms of health insurance, long-term care, prescription drug expenses, and can connect you with resources ranging from financial assistance to home care to transportation and many other services for seniors in MN.

Minnesota Board on Aging: (651)-431-2500 www.mnaging.org

Minnesotahelp.info: (800) 333-2433, www.minnesotahelp.info

A searchable online database of health and human services in Minnesota for seniors, people with disabilities, parents and families, veterans, youth, and people with low-income.

Educational Resources (general information, webinars)

MN Gerontological Society: www.mngero.org

American Society on Aging: www.asaging.org

Minnesota Board on Aging: www.mnaging.org

National Institute on Aging: <https://www.nia.nih.gov/>