

## Mower County Senior Services

|                                                                               |                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Adult Day Services</b>                                                     | Sacred Heart                                                                                                                                                                                                                                                                                                                                                     | 507-433-1808                                                                                                                                                                                                                                                                                 |
| <b>Adult Foster Care (AFC)</b>                                                | Mower County (AFC)                                                                                                                                                                                                                                                                                                                                               | 507-437-9701                                                                                                                                                                                                                                                                                 |
| <b>Advocacy, Information &amp; Assistance</b>                                 | Mower Co. Senior Advocate                                                                                                                                                                                                                                                                                                                                        | 507-433-3462<br>507-433-8376                                                                                                                                                                                                                                                                 |
| <b>Caregiver Support</b>                                                      | Mower County Seniors<br>National Alzheimers Assn.<br>Regional Alzheimers Assn.                                                                                                                                                                                                                                                                                   | 507-433-3462<br>800-272-3900<br>507-289-3950                                                                                                                                                                                                                                                 |
| <b>Chore Service</b>                                                          | Mower County Seniors<br>Seniors Helping Seniors                                                                                                                                                                                                                                                                                                                  | 507-481-3333<br>507-396-8080                                                                                                                                                                                                                                                                 |
| <b>County Social Services</b>                                                 | Mower County - Austin                                                                                                                                                                                                                                                                                                                                            | 507-437-9701                                                                                                                                                                                                                                                                                 |
| <b>Disability Services</b>                                                    | Disability Hub<br>Mower Council for the Handicapped<br>PossAbilities<br>SEMCIL                                                                                                                                                                                                                                                                                   | 866-333-2466<br>507-433-9609<br>507-281-6116<br>507-285-1815                                                                                                                                                                                                                                 |
| <b>Hospice</b>                                                                | Allina Health Hospice & Palliative Care<br>Ecumen<br>Heartland<br>Mayo Austin<br>Mayo Albert Lea<br>Moments<br>Seasons<br>St. Croix                                                                                                                                                                                                                              | 507-446-0936<br>507-774-3221<br>507-292-1170<br>507-434-1416<br>507-377-6393<br>507-888-9700<br>507-285-1930<br>507-281-5700                                                                                                                                                                 |
| <b>Information, Referral &amp; Assistance and Health Insurance Counseling</b> | Senior LinkAge Line®                                                                                                                                                                                                                                                                                                                                             | 800-333-2433                                                                                                                                                                                                                                                                                 |
| <b>Legal Assistance</b>                                                       | SMRLS Hotline                                                                                                                                                                                                                                                                                                                                                    | 888-575-2954                                                                                                                                                                                                                                                                                 |
| <b>Licensed Professional Home Health Care Agencies</b>                        | Accurate Home Care*<br>Adara*<br><br>All Generations<br>Allied Home Health<br>Baywood Home Care*<br>Centric Healthcare<br>Embrace Home Care<br>Good Samaritan Home Care<br>Helping Hands<br>Hiawatha Home Health*<br>Home Instead<br>International*<br>Recover Health*<br>Regency Home Care*<br>Robland Home Care*<br>Sacred Heart Home Care*<br>Visiting Angels | 763-633-3800<br>800-711-0509<br>507-252-9844<br>507-214-8007<br>507-668-4024<br>763-546-8899<br>507-396-2284<br>507-528-7704<br>888-381-3205<br>800-246-9212<br>800-837-8898<br>507-285-1700<br>507-433-7101<br>866-755-2246<br>507-434-4900<br>507-252-4619<br>507-433-1905<br>507-289-1147 |

Note: Some agencies may not cover entire county

|                                                                     |                                                                                                            |                                                                                                              |
|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Non-Medical Home Care / Home Management</b>                      | Home Instead<br>Seniors Helping Seniors                                                                    | 507-285-1700<br>507-396-8080                                                                                 |
| <b>Long-Term Care Consultation (MnCHOICES Assessment )</b>          | Mower County - Austin                                                                                      | 507-437-9732                                                                                                 |
| <b>Long-Term Care Ombudsman</b>                                     | Statewide system                                                                                           | 800-657-3591                                                                                                 |
| <b>Meals on Wheels</b>                                              | Adams<br>Austin-City Limits<br>Austin-Rural<br>Dexter<br>Grand Meadow<br>LeRoy<br>Lyle/Rose Creek/Rural    | 507-582-3263<br>507-438-3140<br>507-864-8231<br>507-754-5744<br>507-754-5744<br>507-324-9515<br>507-325-2313 |
| <b>Medicare</b>                                                     | <a href="http://www.medicare.gov">www.medicare.gov</a>                                                     | 800-633-4227                                                                                                 |
| <b>Mental Health</b>                                                | Mayo Austin Behavioral Health<br>NAMI (National Alliance on Mental Illness)<br>Zumbro Valley Mental Health | 507-433-7351<br>507-287-1692<br>507-289-2089                                                                 |
| <b>Senior Center (staffed)</b>                                      | Mower County Seniors - Austin                                                                              | 507-433-2370                                                                                                 |
| <b>Senior Dining</b>                                                | Austin: Twin Towers, Pickett Place<br>Grand Meadow                                                         | 507-459-9270<br>507-754-5744                                                                                 |
| <b>Senior Housing, Long-Term Care Options</b>                       | Senior LinkAge Line®<br><br><a href="http://www.mnhelp.info">www.mnhelp.info</a>                           | 800-333-2433                                                                                                 |
| <b>Social Security <a href="http://www.ssa.gov">www.ssa.gov</a></b> | <a href="http://www.ssa.gov">www.ssa.gov</a><br>Austin Office                                              | 800-772-1213<br>866-504-5010                                                                                 |
| <b>Telephone Reassurance / Emergency Response</b>                   | Check "Personal Emergency Response Systems" on <a href="http://www.mnhelp.info">www.mnhelp.info</a>        | <a href="http://www.mnhelp.info">www.mnhelp.info</a>                                                         |
| <b>Transportation</b>                                               | SMART<br>AB Taxi<br>Handivan<br>Redi Ride<br>Mower County Seniors Assisted Transp.                         | 855-762-7821<br>507-434-9689<br>507-281-3600<br>507-282-5353<br>507-434-2188                                 |
| <b>Volunteer Based Programs</b>                                     | Catholic Charities<br>Common Good RSVP<br>Senior Companion (LSS)<br>United Way of Mower County             | 507-454-2270<br>507-450-1518<br>507-512-1036<br>507-437-2313                                                 |
| <b>Veterans Service Office</b>                                      | Mower County                                                                                               | 507-434-2712                                                                                                 |