

## 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 507-433-8376
<b>Caregiver Support</b>	Mower County Seniors National Alzheimers Assn. Regional Alzheimers Assn.	507-433-3462 800-272-3900 507-289-3950
<b>Chore Service</b>	Mower County Seniors	507-481-3333
<b>County Social Services</b>	Mower County - Austin	507-437-9701
<b>Disability Services</b>	Disability Hub Mower Council for the Handicapped PossAbilities SEMCIL	866-333-2466 507-433-9609 507-281-6116 507-285-1815
<b>Hospice</b>	Allina Health Hospice & Palliative Care Ecumen Heartland Mayo Austin Mayo Albert Lea Moments Seasons St. Croix	507-446-0936 507-774-3221 507-292-1170 507-434-1416 507-377-6393 507-888-9700 507-285-1930 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* Adara* All Generations Allied Home Health Baywood Home Care* Centric Healthcare Embrace Home Care Good Samaritan Home Care Grace Home Health Care* Helping Hands Hiawatha Home Health* Home Instead International* Recover Health* Regency Home Care* Robland Home Care* Sacred Heart Home Care* Visiting Angels	763-633-3800 800-711-0509 507-252-9844 507-214-8007 507-668-4024 763-546-8899 507-396-2284 507-528-7704 888-381-3205 507-369-5370 800-246-9212 800-837-8898 507-285-1700 507-433-7101 866-755-2246 507-434-4900 507-252-4619 507-433-1905 507-289-1147
<b>Non-Medical Home Care / Home Management</b>	Home Instead	507-285-1700

Note: Some agencies may not cover entire county

<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	507-582-3263
	Austin-City Limits	507-438-3140
	Austin-Rural	507-864-8231
	Dexter	507-754-5744
	Grand Meadow	507-754-5744
	LeRoy	507-324-9515
	Lyle/Rose Creek/Rural	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	507-433-7351
	NAMI (National Alliance on Mental Illness)	507-287-1692
	SE Regional Crisis Center	844-274-7472
	Zumbro Valley Mental Health	507-289-2089
<b>Senior Center (staffed)</b>	Mower County Seniors - Austin	507-433-2370
<b>Senior Dining</b>	Austin: Twin Towers, Pickett Place	507-459-9270
	Grand Meadow	507-754-5744
<b>Senior Housing, Long-Term Care Options</b>	Senior LinkAge Line® <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> Austin Office	800-772-1213 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	855-762-7821
	AB Taxi	507-434-9689
	Handivan	507-281-3600
	Redi Ride	507-282-5353
	Mower County Seniors Assisted Transp.	507-434-2188
<b>Volunteer Based Programs</b>	Catholic Charities	507-454-2270
	Common Good RSVP	507-450-1518
	Senior Companion (LSS)	507-512-1036
	United Way of Mower County	507-437-2313
<b>Veterans Service Office</b>	Mower County	507-434-2712