

Caregiver Consultants and Outreach Specialists in SE MN

Senior Outreach Specialists provide comprehensive, objective telephone and/or in-person support for consumers inquiring about long-term care services, housing options, caregiver support, Medicare, and other public benefits. They assist callers to assess their, or the care receiver's needs for services, decisions about service options, accessing benefits and connecting with formal and informal service providers.

Caregiver Consultants are trained to assist family caregivers with assessing needs, problem solving, care planning and connecting caregivers to resources and supports.

Dodge County

Melissa Almer-Senior Outreach Specialist & Caregiver Consultant

Semcac

545 Dunnell Dr.
Owatonna, MN 55060
Phone- 507-450-8848
melissa.almer@semcac.org

Fillmore County

Sabrina Schlichting- Senior Outreach Specialist

Semcac

515 Washington St. NW
Preston, MN
Phone-507-765-2169
sabrina.schlichting@semcac.org

Freeborn County

Dana Marley- Senior Outreach Specialist
April Schur- Caregiver Consultant

Senior Resources of Freeborn County

314 S. Broadway Ave.
Albert Lea, MN 56007
Phone-507-377-7433
danam@srofc.org
aprils@srofc.org

Goodhue County

Dana Bergner- Senior Outreach Specialist & Caregiver Consultant

Three Rivers CAP

201 Lyndale Ave S.
Faribault, MN 55021
Phone-507-732-8528
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Houston County

Sabrina Schlichting - Senior Outreach Specialist & Caregiver Consultant

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T138 E Main St.
Caledonia, MN 55921
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sabrina.schlichting@semcac.org

Mower County

Melissa Groesbeck- Senior Outreach Specialist & Caregiver Consultant

Mower County Senior Center

400 3rd Ave NE
Austin, MN 55912
Phone-507-433-2370
melissag@mcs-inc.org

Olmsted County

Holly Brown- Caregiver Consultant
Kate Jirik- Senior Outreach Specialist, Caregiver Consultant

Elder Network

1130 1/2 7th St. NW
Rochester, MN 55901
Phone- 507-285-5272
hollyb@elder-network.org
katej@elder-network.org
Sarah.kuball@threeriverscap.org

Regional and Statewide Resources for Caregivers:

Rice County

Sarah Kuball-Senior Outreach Specialist &
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Three Rivers CAP

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sarah.kuball@threeriverscap.org

Steele County

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Wabasha County

Bonnie Sandberg– Caregiver Consultant

Elder Network

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Winona County

Marite Olmsted– Senior Outreach
Specialist & Caregiver Consultant

Lori Paulson-Senior Outreach
Specialist & Caregiver Consultant

Winona Friendship Center

251 Main St.
Winona, MN 55987
Phone-507-454-7369

molmstead@ci.winona.mn.us

lpaulson@ci.winona.mn.us

**Alzheimer’s Association-MN/N. Dakota
Chapter, 24/7 helpline-1-800-272-3900
Phone-507-289-3950**

<https://www.alz.org/mnnd>

Senior LinkAge Line

800-333-2433

[https://mn.gov/senior-linkage-line/
www.minnesotahelp.info](https://mn.gov/senior-linkage-line/www.minnesotahelp.info)

National Alliance for Caregivers

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

Family Caregiver Alliance

[https://www.caregiver.org/resource/
caregiving-home-guide-community-
resources/](https://www.caregiver.org/resource/caregiving-home-guide-community-resources/)

