

## Mower County Senior Services

<b>Adult Day Services</b>	SMB Disability Solutions-Rochester	507-292-7944
	Sacred Heart	507-433-1808
	Morning Star	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	507-433-3462
	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	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	866-333-2466
	Mower Council for the Handicapped	507-433-9609
	PossAbilities	507-281-6116
	SEMCIL	507-285-1815
<b>Hospice</b>	Allina Health Hospice & Palliative Care	507-446-0936
	Ecumen	507-774-3221
	Mayo	507-284-4002
	Moments	507-888-9700
	Heartland	507-292-1170
	Seasons	507-285-1930
	St. Croix	507-281-5700
<b>Information, Referral &amp; Assistance and</b>	Senior LinkAge Line®	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
<b>Licensed Professional Home Health</b>	Accurate Home Care*	763-633-3800
<b>Care Agencies</b>	Adara*	800-711-0509
*Medicare Certified		507-252-9844
	Circle of Life Home Care	507-214-8007
	Allied Home Health	507-668-4024
	Aveanna*	866-755-2246
	Baywood Home Care*	763-546-8899
	Centric Healthcare	507-396-2284
	Embrace Home Care	507-528-7704
	Good Samaritan Home Care	888-381-3205
	Helping Hands	800-246-9212
	Hiawatha Home Health*	800-837-8898
Note: Some agencies may not cover	Home Instead	507-285-1700
entire county	International*	507-433-7101
	Regency Home Care*	507-434-4900
	Robland Home Care*	507-252-4619
	Visiting Angels	507-289-1147
<b>Non-Medical Home Care /</b>	Home Instead	507-285-1700
<b>Home Management</b>		

<b>Long-Term Care Consultation (MnCHOICES)</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
<b>Mower County Senior Services</b>		
	Austin-City Limits	507-438-3140
	Austin-Rural	507-864-8228
	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
	Senior Diner's Club-Hy-Vee	507-864-8243
<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>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>Telephone Reassurance</b>	Mower County Seniors	507-433-3462
<b>Transportation</b>	SMART	855-762-7821
	AB Taxi	507-434-9689
	Grace Transportation	507-369-5370
	Handivan	507-281-3600
	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