

Mower County Senior Services		
Adult Day Services	Morning Star Center	507-279-2940
	Sacred Heart	507-433-1808
	SMB Disability Solutions-Rochester	507-292-7944
Adult Foster Care (AFC)	Mower County (AFC)	507-437-9701
Advocacy, Information & Assistance	Mower Co. Senior Advocate	507-433-3462
		507-433-8376
Caregiver Support	Mower County Seniors	507-433-3462
	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
Chore Service	Mower County Seniors	507-481-3333
County Social Services	Mower County - Austin	507-437-9701
Disability Services	Disability Hub	866-333-2466
	Mower Council for the Handicapped	507-433-9609
	PossAbilities	507-281-6116
	SEMCIL	507-285-1815
Hospice	Allina Health Hospice & Palliative Care	507-446-0936
	Ecumen	507-774-3221
	Mayo	507-284-4002
	Moments	507-888-9700
	ProMedica	507-292-1170
	Seasons	507-285-1930
	St. Croix	507-281-5700
Information, Referral & Assistance and Health Insurance Counseling	Senior LinkAge Line®	800-333-2433
Legal Assistance	SMRLS Hotline	888-575-2954
Licensed Professional Home Health Care Agencies	Accurate Home Care*	763-633-3800
Medicare Certified	Adara	800-711-0509
		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 entire county	Home Instead	507-285-1700
	International*	507-433-7101
	Regency Home Care*	507-434-4900
	Robland Home Care*	507-252-4619
	Visiting Angels	507-289-1147
Non-Medical Home Care / Home Management	Circle of Life Home Care	507-214-8007
	Embrace Home Care	507-369-5701

Mower County Senior Services		
	Home Instead	507-285-1700
Long-Term Care Consultation (MnCHOICES Assessment)	Mower County - Austin	507-437-9732
Long-Term Care Ombudsman	Statewide system	800-657-3591
Meals on Wheels	Adams	507-864-8231
	Austin-City Limits	507-438-3140
	Austin-Rural	507-373-7759
	Dexter	507-864-8231
	Grand Meadow	507-864-8231
	LeRoy	507-864-8231
	Lyle/Rose Creek/Rural	507-864-8231
Medicare	www.medicare.gov	800-633-4227
Mental Health	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
Senior Center (staffed)	Mower County Seniors - Austin	507-433-2370
Senior Dining	Austin: Twin Towers, Pickett Place	507-373-7759
Senior Housing, Long-Term Care Options	Senior LinkAge Line®	800-333-2433
	www.mnhelp.info	
Social Security www.ssa.gov	www.ssa.gov	800-772-1213
	Austin Office	866-504-5010
Emergency Response	Check "Personal Emergency Response Systems" on www.mnhelp.info	www.mnhelp.info
Telephone Reassurance	Mower County Seniors	507-433-3462
Transportation	SMART	855-762-7821
	AB Taxi	507-434-9689
	Handivan	507-281-3600
	Grace Transportation	507-369-5370
	Mower County Seniors Assisted Transp.	507-434-2188
Volunteer Based Programs	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
Veterans Service Office	Mower County	507-434-2712