



Resources for Seniors in Ramsey County

Compiled by the Senior Services Consortium of Ramsey County
2022-2023



For additional information and resources contact:

[Senior Linkage Line](https://www.ramseycounty.org/2022/01/24/senior-linkage-line/) 1-800-333-2433

RAMSEY COUNTY

Resources for Seniors in Ramsey County, Minnesota

2022-2023

Compiled by

**The Senior Services Consortium of Ramsey County-
Meals on Wheels of Ramsey County**

This directory includes services of the Senior Services Consortium member agencies, as well as other non-profit and public agencies that provide free or sliding-fee scale services to seniors in Ramsey County.

This directory is not exhaustive, and inclusion does not imply endorsement nor omission imply disapproval. Information provided may be edited to meet space requirements.

For additions, changes, or other inquiries, contact:

email@mealsonwheels-rc.org or **651-266-4107**.

You can also find this directory online on our website at:

<https://www.mealsonwheels-rc.org/resource-directory>

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General Information and Referrals

Senior Linkage Line

Phone: 1-800-333-2433, M-F 8:00 a.m. - 4:30 p.m.

Website: <https://metroaging.org/help-information/senior-linkage-line/>

Services: Help with Medicare, housing, financial support & services that help you live safely in your home

Ramsey County Navigators and Service Centers

Phone: 651-266-0600

Website: <https://www.ramseycounty.us/your-government/contacts-locations/ramsey-county-service-centers>

Services: In-person assistance and connections with county and community services, as well as computer access and document drop-off

Disability Hub

Phone: 1-866-333-2466

Website: <https://disabilityhubmn.org/>

Services: Resources and referrals for those under 60 with a disability and their families

United Way 2-1-1

Phone: Call 2-1-1 or Text your zip code to 898-211

Website: <https://www.211unitedway.org/>

Services: Confidential information and referrals to resources & housing assistance available 24/7

Veteran's Linkage Line

Phone: 1-888-LinkVet (546-5838)

Website: <https://linkvet.org/>

Services: Customer service and support 7 days/week for Minnesota Veterans and their families

Care Planning and Service Coordination

Jewish Family Service of St. Paul

Phone: 651-497-8248

Website: <https://jfssp.org/services/aging-disability-services/senior-care-services>

Services: Care planning, care coordination, caregiver coaching

Keystone Community Services

Phone: 651-645-0349

Website: <https://keystoneservices.org/seniors/care-consultation/>

Services: Helping seniors find the resources they need

Caregiver Resources (see also Respite Care)

Jewish Family Service of St. Paul

Phone: 763-300-3146

Website: <https://jfssp.org/services/aging-disability-services>

Services: Caregiver coaching, support group, and free short-term counseling for caregivers (PEARLS).

Lyngblomsten Caregiver Resources and Support

Phone: 651-632-5320

Website: <https://www.lyngblomsten.org/community-services/caregiver-resources1/>

Services: Caregiver coaching, education and access to resources, Memory Loss Caregiver Support Groups, Group eRespite (online), The Gathering group respite, and PEARLS

Wilder Caregiver Services

Phone: 651-280-2273

Website: <http://www.wilder.org/Caregiving>

Services: Caregiver respite, support groups, consultation & networking

Chore/Homemaking/Home Care

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#handyman>

Services: Interior/exterior home handyman services for older or disabled adults

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Nine neighborhood programs help St. Paul seniors stay healthy & safe in their homes

MnCHOICES Assessment

Phone: 651-266-3613

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/seniors/mnchoices-intake-assessment>

Services: Determine support services and eligibility for payment assistance to help seniors in need of long-term care to remain in their own home

Wilder Home Care Services

Phone: 651-280-2273

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/home-care-services>

Services: Home health care support to maintain health & live independently

Community Support

American Indian Family Center

Phone: 651-793-3803

Website: <https://aifcmn.org/>

Services: Programs & services for American Indian individuals & families

CLUES- Comunidades Latinas Unidas en Servicio

Phone: 612-234-2750 for Special Access Program for elders 60+

Website: <http://clues.org/>

Services: Supporting Latino elders, 60+, with center programs and individual home visits

Hallie Q. Brown Community Center

Phone: 651-224-4607

Website: <https://www.hallieqbrown.org/site/index.php/senior-programs/>

Services: Gathering place for seniors, several ongoing groups welcoming new members, and a food shelf by appt. w/ delivery to seniors available

HAP - Hmong American Partnership

Phone: 651-495-1557 (Main Office)

Website: <https://hmong.org/>

Services: Culturally sensitive programs & services for individuals & families

Rainbow Health

Phone: 612-341-2060 (Main), 612-373-2437 (AidsLine)

Website: <https://rainbowhealth.org/>

Services: Aging initiative, support for those living with HIV, counseling, education, AidsLine

Companionship

Coffee Talk

Phone: 612-746-0728

Website: <https://www.friendsco.org/coffee-talk/>

Services: Commitment-free drop-in chat line when a friendly voice is needed

Friends & Co.

Phone: 612-721-1400

Website: <https://www.friendsco.org/>

Services: Phone & visiting companions for those 65+

LSS Companion Services

Phone: 651-310-9455-Senior Companions & 877-540-9443-Neighbor to Neighbor Companions

Website: <https://www.lssmn.org/services/older-adults/companion-services>

Services: Customized support, transportation, & friendship for older adults

Financial Assistance and Financial Counseling

County Emergency Assistance

Phone: 651-266-4884 (Ramsey County Emergency Assistance Hotline)

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/emergency-assistance>

Services: Help with shelter payments (security deposit or past due rent/mortgage) and utilities (electricity, heat, water) when there is threat of disconnection, eviction, or homelessness

County Financial Assistance

Phone: 651-266-4444

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance>.

Apply for benefits online: <https://mnbenefits.mn.gov/>

Services: Help determining eligibility for financial assistance programs including emergency, cash, child care, food and health care

County Veterans Services

Phone: 651-266-2545

Website: <http://www.co.ramsey.mn.us/vs>

Services: Help for Ramsey County veterans, dependents & survivors in applying for veterans' benefits such as pensions, health care, dental care, burial, home loans

Community Action Partnership

Phone: 651-645-6445

Website: <https://caprw.org/>

Services: Assistance available for energy, rent, water, emergency furnace/boiler services, food support, energy conservation/weatherization, affordable housing, car ownership/repair, & taxes

LSS Financial Counseling

Phone: 1-888-577-2227

Website: <http://www.lssfinancialcounseling.org/>

Services: Budget/debt management, home buying, reverse mortgage, foreclosure prevention

Prepare + Prosper

Phone: 651-287-0187

Website: <https://prepareandprosper.org/>

Services: Free tax preparation or do-it-yourself, money mentors financial coaching, banking & credit building solutions

Food Resources

County Website: Find Food Resources Near You

Phone: 651-266-8500

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/food-resources>

Services: Guide to food resources for Ramsey County residents including food shelves, no-cost meal sites, mobile grocery, farmers' markets, Fare for All, SNAP, and help for special populations

Food Group: Fare for All and Twin Cities Mobile Market

Phone: 763-450-3880

Website: <http://www.fareforall.org/>

Services: Pop-up grocery store, available to all and at various sites, selling monthly packs of fresh produce, frozen meat, and other items at up to 40% off retail prices.

Food Helpline

Phone: 1-888-711-1151

Website: <http://hungersolutions.org/programs/mn-food-helpline/>

Services: Statewide assistance connecting with food resources, SNAP eligibility information, etc.

NAPS-Nutrition Assistance Program for Seniors

Phone: 651-484-8241

Website: <https://www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html>

Services: Second Harvest provides box of nutritious food each month to low-income seniors 60+

SNAP-Supplemental Nutrition Assistance Program

Phone: 1-888-711-1151-Minnesota Food HelpLine provides SNAP information and assistance

Website: <https://mn.gov/dhs/mnfoodhelper/> (To apply online or get application assistance)

Services: SNAP can be used like cash to help buy healthy food at local grocery stores, farmers markets, and Meals on Wheels

Food Shelves

For a more complete listing of food shelves in Ramsey County, go to:

<https://www.ramseycounty.us/residents/assistance-support/assistance/food-resources>

Or Hunger Solutions Food Shelf Look-Up: <https://www.hungersolutions.org/find-help/>

Keystone Community Services

Phone: 651-917-3792 (Midway Food Shelf) and 651-487-2792 (Rice St. Food Shelf)

Website: <https://keystoneservices.org/food-shelves/>

Services: Food shelves, food mobile, and delivery to homebound seniors in select areas

Merrick Community Services

Phone: 651-287-2088 Address: 1740 van Dyke Street, St. Paul, MN 55109

Website: <https://merrickcs.org/community-services/>

Services: Eastside St. Paul food shelves

Neighborhood House

Phone: 651-789-2534

Website: <http://neighb.org/program/foodsupportprogram/Food>

Services: Wellstone Center and Francis Basket food markets open to anyone, food delivery for Ramsey County residents, and SNAP assistance also available

North St. Paul Food Shelf

Phone: 651-770-1309 Address: 2266 2nd St. N., North St. Paul, MN 55109

Website: <https://www.nspafoodshelf.org/>

Services: North St. Paul food shelf available M-F, 10:30-1:00; call to schedule appointment

Ralph Reeder Food Shelf

Phone: 651-621-6280

Website: <https://www.moundsviewschools.org/foodshelf>

Services: For Mounds View Area School District 621 residents by appointment only; Senior Care box delivery available

White Bear Area Food Shelf

Phone: 651-407-5310 Delivery: 651-390-6507 Address: 1884 Whitaker St., White Bear Lake

Website: <https://whitebearfoodshelf.org/>

Services: Open to all, drive-thru curbside pickup, mobile produce markets, and delivery available

Grocery Delivery

Help at Your Door Grocery Assistance

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#grocery>

Services: Order groceries online or by phone; volunteers will shop, deliver & assist with putting items away; EBT/SNAP benefits accepted

Keystone Grocery Delivery

Phone: 651-645-0349

Website: <https://keystoneservices.org/seniors/grocery-delivery/>

Services: Monthly delivery from food shelf (meat, dairy, fresh produce & shelf stable items) to low-income homebound adults in St. Paul (call or check website for eligibility/delivery area)

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Nine neighborhood programs help St. Paul seniors stay healthy and safe in their homes

Metro Mobility Grocery and Goods Delivery

Phone: 651-602-1111

Website: <https://metro council.org/Transportation/Services/Metro-Mobility-Home/Grocery-Delivery.aspx>

Services: Will pick up groceries and household essentials for certified Metro Mobility customers

Meal Delivery

Meals on Wheels of Ramsey County

Phone: 651-266-4107, Call: 651-318-9091 to enroll

Website: <https://www.mealsonwheels-rc.org/>

Services: Nutritious daily hot meals, or weekly frozen meals, delivered to your home by friendly volunteers from local member programs:

Gladstone Meals on Wheels

Phone: 651-748-7250, Call: 651-318-9091 to enroll

Website: <https://www.isd622.org/Page/6259>

Services: Delivering meals to Near Eastside of St. Paul, and No. St. Paul, Maplewood, Oakdale School District residents

Jewish Family Service of St. Paul Meals on Wheels

Phone: 651-239-4756, Call: 651-318-9091 to enroll

Website: <https://jfssp.org/services/aging-disability-services/kosher-meals-on-wheels>

Services: Frozen kosher meals delivered to West 7th and Highland neighborhoods of St. Paul

Keystone Community Services Meals on Wheels

Phone: 651-645-7424, Call: 651-318-9091 to enroll

Website: <https://keystoneservices.org/seniors/meals-on-wheels/>

Services Delivery to St. Paul neighborhoods of Saint Anthony Park, Midway, Merriam Park, Highland, Mac-Groveland, West 7th, Summit Hill, and West Side

Merrick Community Services Meals on Wheels

Phone: 651-287-2092, Call: 651-318-9091 to enroll

Website: <https://merrickcs.org/community-services/>

Services: Delivery to St. Paul Eastside & Woodbury

Mounds View Area Meals on Wheels

Phone: 651-621-7950, Call: 651-318-9091 to enroll

Website: <https://www.moundsviewschools.org/mealsonwheels>

Services: Delivery to Mounds View Area School District 621 residents

Roseville Area Meals on Wheels

Phone: 651-604-3524, Call: 651-318-9091 to enroll

Website: <https://communityed.isd623.org/adults/meals-on-wheels>

Services: Delivery to Roseville Area School District 623 residents

White Bear Area Meals on Wheels

Phone: 651-653-3123, Call: 651-318-9091 to enroll

Website: <https://communityservices.isd624.org/adults-seniors/programs>

Services: Delivery to White Bear Lake Area School District 624 residents and Mahtomedi

Wilder Meals on Wheels

Phone: 651-280-2500, Call: 651-318-9091 to enroll

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/meals-wheels>

Services: Delivery to St. Paul Downtown, North End, Midway & Frogtown neighborhoods

Optage Home Delivered Meals

Phone: 651-746-8280

Website: <https://www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/>

Services: Weekly frozen meals delivered to those over 60 determined to be at nutritional risk

Health and Disability Support

Alzheimer's Association

Phone: 1-800-272-3900

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

Services: Care, support, and information 24/7 for those affected by all forms of dementia

COVID-19 Hotline

Phone: 1-833-431-2053

Website: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Services: MN Dept. of Health answers COVID-19 questions Mon-Fri: 9am-7pm

Dental Care – Hope Dental Clinic

Phone: 651-789-7605

Website: <https://www.hopedentalclinic.org/>

Services: Provides dental care for those without dental insurance and unable to pay for services

Disability Hub

Phone: 1-866-333-2466

Website: <https://disabilityhubmn.org/>

Services: Statewide resource network that helps people with disabilities solve problems, navigate the system and plan for the future

Disability Parking Certificate

Phone: 651-297-3377

Website: <https://onlineservices.dps.mn.gov/EServices/#3> Application (Form PS2005):

https://dps.mn.gov/divisions/dvs/formsdocuments/Documents/MV_DisabilityParkingCertificate.pdf

Services: Application for temporary or permanent disability parking certificate

Health Alert Systems: Accent Care Fairview

Phone: 952-885-6185

Website: <https://www.accentcare.com/our-services/health-alert/>

Services: Personal medical alert and medication management systems

Hearing Loss Services - Minnesota Department of Human Services

Phone: 1-800-657-3663 or email: <https://mn.gov/deaf-hard-of-hearing/contact/>

Website: <https://mn.gov/deaf-hard-of-hearing/hearing-loss/adults/age-related-hearing-loss/>

Services: Support and information on hearing loss, hearing aids and assistive technology

Telephone Equipment Distribution Program

Phone: 1-800-657-3663 or email: <https://mn.gov/deaf-hard-of-hearing/contact/>

Website: <https://mn.gov/deaf-hard-of-hearing/communication-access/ted/>

Services: Adaptive phone services/equipment for people who have difficulty using the phone- those who are deaf, deafblind, hard of hearing or who have a physical or speech disability

Vision Loss Services – State Services for the Blind

Phone: 651-539-2331- Services for Seniors

Website: <https://mn.gov/deed/ssb/>

Services: Low vision counselors work with seniors to provide support, information, and technology

Home Maintenance, Repair, and Accessibility

Energy Conservation Deferred Loan

Phone: 612-335-5884

Website: <https://www.mncee.org/suburban-ramsey-county-energy-conservation-deferred-loan>

Services: Deferred loan program for Suburban Ramsey County homeowners

Hearts & Hammers

Phone: 651-636-0797

Website: <https://heartsandhammers.org/homeowners/>

Services: Free home rehabilitation (exterior repair and painting) for homeowners with a disability, age 60+, or a veteran or surviving spouse, who meet income guidelines

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#handyman>

Services: Interior and exterior chore and home repair services, including installing grab bars, wheelchair ramps, smoke & carbon monoxide detectors

Rebuilding Together Minnesota

Phone: 651-776-4273

Website: <https://rtmn.org/>

Services: The Safe at Home Program provides free safety modifications and wheelchair ramps to those 55+ or living with a disability; Home Repair Program and Manufactured Home Critical Repair Program provides indoor & outdoor health and safety home improvements to eligible homeowners

Housing Assistance

Community Support Center

Phone: 651-387-8050

Website: <http://communitysupportcenter.org/>

Services: Help to prevent homelessness and solve financial problems in northern Ramsey County suburbs (New Brighton, Mounds View, North Oaks, Shoreview, Arden Hills)

Help to Find/Pay for Rental Housing

Phone: Call 2-1-1 United Way First Call for Help
Website: <https://www.mnhousing.gov/sites/np/renters>
Services: Minnesota Housing website with resources for renters

Homeless Elder Services

Phone: 651-647-3100
Website: <http://cctwincities.org/locations/homeless-elder-services/>
Services: Catholic Charities provides one-on-one assistance for those 55+ at risk or currently homeless in Catholic Charities' shelters and housing programs

Homeline Tenant Hotline

Phone: 612-728-5767
Website: <http://homelinemn.org/>
Services: Tenant advocacy organization providing Information & free legal help for renters

HousingLink

Phone: 612-522-2500
Website: <http://housinglink.org/>
Services: Simplify your affordable housing search with current online listings to match your criteria

Neighborhood House

Phone: 651-789-2500
Website: <https://neighb.org/program/housing-stability/>
Services: Housing stability services/financial support for those at risk for homelessness countywide

Senior Linkage Line

Phone: 1-800-333-2433
Website: <https://trellisconnects.org/senior-linkage-line/>
Services: For questions about housing for seniors, financial support, in-home services, etc.

Legal and Consumer Assistance

Consumer Assistance – Minnesota Attorney General’s Office

Phone: 651-296-3353
Website: <https://www.ag.state.mn.us/default.asp>
Services: Information, assistance and advocacy related to consumer complaints and fraud

Estate and Elder Law Services – Volunteers of American

Phone: 612-676-6300
Website: <https://www.voamnwi.org/estate-and-elder-law>
Services: Complete estate planning law services on a sliding scale basis for older adults and people with disabilities (estate, incapacity, and long-term care planning and probate)

Guardianship Information Line

Phone: 1-844-333-1748

Website: <https://www.voamnwi.org/cesdm>

Services: In-depth consultation regarding less restrictive alternatives to supported decision making

Lawyer Referral

Phone: 612-752-6699

Website: <https://www.mnlawyerreferral.org/public-area>

Services: Minnesota Lawyer Referral & Information Service provides consult with private attorney

Legal Services – Southern Minnesota Regional Legal Services

Phone: 1-888-575-2954

Website: <https://www.smrls.org/get-help#>

Services: Legal assistance for those age 60+ re: housing issues, government benefits, basic needs

Volunteer Lawyers Network

Phone: 612-752-6677

Website: <https://www.vlnmn.org/>

Services: Connects volunteer attorneys with Minnesotans experiencing poverty

Mental Health and Substance Abuse Crisis Support

County Mental Health Crisis Services

Phone: 651-266-7900 (Adult Crisis Line) Address: 402 University Ave. East (Adult Urgent Care)

Website: <https://www.ramseycounty.us/content/mental-health-crisis-services>

Services: Phone support 24/7/365, mobile crisis teams available to meet people in their homes or community, walk-ins welcome at Urgent Care for Adult Mental Health, M-F, 8am - 5:30pm

Crisis Text Line

Phone: Text 741741

Website: <https://www.crisistextline.org/>

Services: Text the letters “HOME” to cell number 741741 for a trained crisis counselor 24/7/365

Jewish Family Service of St. Paul - Counseling and Mental Health Services

Phone: 651-698-0767

Website: <https://jfssp.org/services/counseling-chaplaincy/counseling-mental-health>

Services: Assessment and treatment of a diverse range of mental health issues

Jewish Family Service of St. Paul - PEARLS Program

Phone: 763-300-3146

Website: <https://jfssp.org/services/counseling-chaplaincy/program-to-encourage-active-and-rewarding-lives>

Services: In-home counseling for those 55+ experiencing depression

Minnesota Warmline

Phone: 651-288-0400 or text “Support” to 85511

Website: <https://mentalhealthmn.org/support/minnesota-warmline/>

Services: Call or text for confidential peer-to-peer support 7 days/week, 9am – 9pm

Senior Recovery Center

Phone: 651-773-0473

Website: <http://www.seniorrecoverycenter.org/>

Services: Licensed outpatient recovery services/support groups for those 50+

Suicide and Crisis Lifeline

Phone: 988 or 1-800-273-TALK

Website: <https://suicidepreventionlifeline.org/>

Services: For those in distress, their caregivers & professionals, available 24/7, 365 days a year

Wilder Mental Health & Wellness Services

Phone: 651-280-2310 Address: 451 Lexington Parkway North, 2nd Floor, St. Paul, MN

Website: <https://www.wilder.org/what-we-offer/mental-health-wellness-services>

Services: Community outpatient clinic for mental health, addiction and recovery services, no appointment needed, walk-ins available in-person (walk-in to clinic) or virtually (call us)

Pet Help

Pet Helpline - Animal Humane Society

Phone: 952-HELP-PET (435-7738), M-F, 9am – 7pm & Sat., 10am – 6pm

Website: <https://www.animalhumanesociety.org/pet-helpline>

Services: Advice, resources, & referrals to address all animal concerns, i.e., managing behavior, veterinary care, pet-friendly housing, low-cost spay/neuter surgery or other assistance programs

Respite – In-person Group Programs

The Gathering

Phone: 651-632-5320

Website: <https://www.lyngblomsten.org/community-services/caregiver-resources1/gathering/>

Services: Four hour (10-2pm), weekly in-person group respite program for adults with early to mid-stage memory loss

Wilder Connect

Phone: 651-280-2294

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/connect-long-term-care-support-program>

Services: Half day (M-Th, 12-4), in-person program for adults with memory loss, Parkinson’s disease, and neurodegenerative disorders, includes lunch, activities, and personal support

Technology Support

Cyber-Seniors

Phone: 1-844-217-3057

Website: <http://www.cyberseniors.org/>

Services: Free technology support & training for older adults with smartphone, tablet, or computer questions

PCs for People

Phone: 651-354-2552

Website: <https://www.pcsforpeople.org/>

Services: Affordable computers and internet, affordable repairs and technical support

Transportation

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#transportation>

Services: Affordable transportation, sliding scale based on age and income

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Volunteers with St. Paul neighborhood programs provide local rides

Metro Mobility

Phone: 651-602-1111

Website: <http://www.metromobility.org/>

Services: Shared door-through-door accessible rides for those certified with disabilities

Metro Transit Information

Phone: 612-373-3333

Website: <http://www.metrotransit.org/>

Services: Fixed route bus & light rail discounts, route help & schedule info.

Transit Link

Phone: 651-602-LINK (5465)

Website: <http://www.transitlinktc.org/>

Services: Shared dial-a-ride accessible bus for anyone in areas without fixed bus routes

Vulnerable Adult Protection and Advocacy

Adult Protection

Phone: 1-844-880-1574

Website: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/adult-protection/>

Services: Report suspected elder abuse, neglect, or financial exploitation 24/7

MN Elder Justice Center

Phone: 651-440-9300

Website: <http://www.elderjusticemn.org/>

Services: Support for those impacted by elder abuse, neglect, or exploitation

Minnesota Office of Ombudsman for Long Term Care

Phone: 1-800-657-3591

Website: <https://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/>

Services: Information, consultation, advocacy for people needing or receiving long term care

SOS Sexual Violence Services

Phone: 651-266-1000

Website: <https://www.ramseycounty.us/residents/health-medical/clinics-services/sos-sexual-violence-services>

Services: Crisis helpline, referrals, advocacy, support, & counseling 24/7

Supported Decision Making, Center for Excellence in

Phone: General: 952-945-4174, Guardianship Information Line: 1-844-333-1748

Website: <https://www.voamnwi.org/cesdm>

Services: For older adults and people with disabilities navigating less-restrictive alternatives to guardianship in Minnesota