

Resources for Seniors in Ramsey County



RAMSEY COUNTY

General Information and Referrals

County Contact Center	Answers to COVID questions & help connecting to County services	651-266-8500
Community Resources	Ramsey County's webpage to link to Community Resources	651-266-8500
County Veterans Services	Assistance to veterans & their survivors to access veterans benefits	651-266-2545
United Way 2-1-1	Information & referrals to resources available 24/7	2-1-1
Senior Linkage Line	Help finding answers and connecting to supportive senior services	800-333-2433

Care Management and Service Coordination

Jewish Family Service	Care planning, care coordination, caregiver coaching	651-698-0767
Keystone Community Serv.	We help seniors find the resources they need	651-298-5493

Caregiver Resources

Jewish Family Service	Caregiver coaching, referrals, support groups	651-698-0767
Lynngblomsten Caregiver Sv.	Caregiver coaching, zoom support groups, activity tips/idea emails	651-632-5320
Wilder Caregiver Services	Caregiver information, support, consultation, classes	651-280-2273

Chore / Homemaking

County Adult Intake	MNChoices assessment for services to help stay in your home	651-266-3613
Help at Your Door	Grocery delivery, in-home chores, minor repairs & transportation	651-642-1892
Living at Home	Neighborhood Block Nurse Programs help seniors age well at home	651-649-0315
Neighborhood Network	Yard work, chores, friendly visits - call for St. Paul neighborhoods	651-646-2301
Senior Chore Program	Indoor & outdoor chores for those 60+ residing in northeast suburbs	651-757-4061

Community Support

CLUES	Programs and services for Latinx elders, families & new immigrants	651-379-4200
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Companionship

Little Brothers - Elder Friends	Volunteer phone companions offer friendly phone calls	612-746-0737
LSS - Senior Companions	Volunteers matched for weekly visits, in-home help, transportation	651-310-9440

Delivery Services

County Sheriff's Help Team	Delivery of food, medicine, essentials & community service referrals	651-448-3874
Eastside Elders	Grocery delivery for those living on Eastside of St. Paul	651-683-2326
Help at Your Door	Grocery delivery & transportation	651-642-1892

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Financial Assistance and Financial Counseling

County Adult Intake	MNChoices assessment to determine eligibility for services	651-266-3613
County Financial Assistance	Emergency cash, food, funeral, medical assistance applications	651-266-4444
Community Support Center	Rent assistance & support to prevent eviction in northern suburbs	651-387-8050
Energy Assistance-CAPRW	Monthly cash for renters/homeowners, conservation, furnace repair	651-645-6470
LSS Financial Counseling	Credit card debt, reverse mortgage, foreclosure prevention, etc.	888-577-2227
Prepare + Prosper	Free tax preparation, financial coaching, low-cost banking products	651-262-2175

Food Resources

Fare for All	Monthly food packages, fresh food, for purchase at a discount	763-450-3880
Food Helpline	Help finding local food shelf, SNAP eligibility/application assistance	888-711-1151

Meals on Wheels Programs	Amherst H. Wilder Foundation - Midway & Frogtown area MOWs	651-280-2500
	Jewish Family Service of St. Paul - Kosher Meals on Wheels	651-315-9167
	Keystone Community Services - St. Paul MOWs, Food Shelf/Mobile	651-645-7424
	Merrick Community Services - Meals on Wheels, Food Shelf	651-287-2092
	Mounds View School District 621 - Mounds View MOWs, Food Shelf	651-621-7950
	Roseville School District 623 - Roseville Area Meals on Wheels	651-604-3524
	Gladstone MOWs - North St Paul-Maplewood-Oakdale Area MOWs	651-748-7250
	White Bear Area Senior Program - White Bear Area Meals on Wheels	651-653-3123

NAPS-Nutrition Assistance	Program for Seniors to receive box of nutritious food each month	651-484-8241
SNAP-Nutrition Assistance	Formerly known as Food Stamps / CAPWR can assist with application	651-603-5883

Health and Disability Support

Alzheimer's Association	Care and support 24/7 for those affected by all forms of dementia	800-272-3900
Disability Hub	Resources and referrals for those 60 and under with a disability	866-333-2466
Disability Parking	Applications for temporary or permanent parking permits or plates	651-297-3377
Fairview Lifeline	Personal emergency response & medication reminder systems	952-885-6185
Hearing/Vision Loss	MN Dept of Human Service offers support, assistive devices, education	800-657-3663
Telephone Equipment	Free assistive telephone equipment for eligible Minnesotans	651-431-5945
Vision Loss Resources	Support, services for coping with vision loss & living independently	612-871-2222

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Home Repair, Maintenance and Accessibility Modifications

A Brush With Kindness	Seasonal volunteer based home maintenance, safety, accessibility	612-788-8169
County Home Improvement	Several deferred loan rehab programs available to homeowners	651-266-8025
Hearts & Hammers	Exterior painting & repairs provided by volunteer teams	651-636-0797
Lifeway Mobility*	Stair lifts, ramps, tub to shower conversions, walk in tubs	651-462-3444
Rebuilding Together TC	Home safety modifications, ramps & indoor/outdoor maintenance	651-776-4273

Housing Assistance

Choice Connections*	Senior housing referral and placement services	651-261-5379
Homeless Elders Program	Catholic Charities provides one-on-one assistance for those 60+	651-647-3100
Homeline	Information, advocacy, legal assistance for tenants of rental housing	612-728-5767
HousingLink	Current affordable housing listings, information, advocacy	612-522-2500
Senior Linkage Line	Explore housing options and connect to in-home services	800-333-2433

Legal and Consumer Assistance

Attorney Referral	Ramsey County Bar Association	651 224-1775
Consumer Assistance	MN Attorney General's Office information and advocacy	651-296-3353
Estate and Elder Law	Volunteers of America offers services for private pay or subsidized	612-676-6300
Legal Help & Information	Advice, brief service, and representation in critical civil legal matters	651-222-4731

Medical Equipment and Supplies

APA Medical*	Major medical equipment and incontinence supplies	612-722-9000
Handi Medical*	Medical equipment, supplies, ramp systems, home modifications	651-644-9770
Total Medical*	Home and transport medical equipment sales, rental, delivery	763-784-6140

Mental Health and Substance Abuse Crisis Support

County Mental Health	Adult mental health/substance abuse crisis services available 24/7	651-266-7900
Crisis Phone Line	Support available 24/7 if you or someone you care about is in crisis	**2-7-4-7-4-7
Crisis Text Line	Support available 24/7. Text the letters MN to number 741741	MN to 741741
Jewish Family Service	Outpatient and home-based mental health services	651-698-0767
NAMI Minnesota	Resource helpline, support groups, classes, community presentations	651-645-2948
Senior Recovery	Licensed outpatient recovery services, support groups for those 50+	651-773-0473

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Technology Support

Cyber-Seniors	Tech Mentors help older adults with smartphone, tablet or computer	844-217-3057
Senior Planet	Online programs for learning, connecting, exploring	https://seniorplanet.org/

Transportation

American Cancer Society	Road to Recovery provides rides for cancer patients to treatments	800-227-2345
Eastside Elders	Rides to appts. for those living on the Eastside of St. Paul	651-683-2326
Help at Your Door	Transportation for set fee or free for those qualified	651-642-1892
Metro Mobility	Door-through-door accessible bus service for those with disabilities	651-602-1111
Metro Transit	Fixed route bus and light rail, route help and schedule information	612-373-3333
Transit Link	Dial-a-ride accessible bus for those in areas without fixed bus routes	651-602-5465
Veterans Transportation	Free rides to VA authorized medical appointments	612-467-5700

Vulnerable Adult Protection and Advocacy

Adult Abuse Reporting	Report suspected abuse, neglect, exploitation of vulnerable adults	844-880-1574
MN Elder Justice Center	Support for those impacted by elder abuse, neglect, financial exploit.	651-440-9300
Ombudsman for LTC	Information, consultation, advocacy for long term care consumers	651-431-2555
Protective Services-VOA	Advocacy, coaching, assessment related to guardianship	952-945-4174

Additional information and alternative formats available:

This list was compiled by Meals on Wheels of Ramsey County. For an extended directory, with additional information on each resource, as well as versions in languages other than English, go to: www.mealsonwheels-rc.org

Inclusion Policy:

Included in this listing are non-profit and public agencies providing a service to Ramsey County seniors or disabled adults free of charge or on a sliding fee scale. Some commercial businesses are also included if their service is free to seniors, paid for by a government program, or is not available in the non-profit or public sectors. Commercial providers are indicated with an asterisk (*).

Disclaimer:

This list is not exhaustive. Inclusion does not imply endorsement, nor omission indicate disapproval. Information may be edited to meet format or space requirements. For additions, changes or other inquiries, please call 651-266-4107 or email: email@mealsonwheels-rc.org