

Helping older adults by:

- Linking people to information, services and resources
- Building community and regional capacity through development, partnerships, grants and contracts
- Advocating for the needs of older adults
- Serving as good stewards of federal and state resources that support older adults in our region
- Helping older adults remain in or return home



SENIOR LINKAGE LINE

800-333-2433

Contact Us

**Southeastern Minnesota
Area Agency on Aging**

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MinnesotaHelp.info[®]

**Southeastern Minnesota
AREA AGENCY on AGING**



Helping older adults and
their families age
successfully with dignity
and informed choices.

Who We Are

Southeastern Minnesota Area Agency on Aging is a private non-profit, 501(c)(3) agency serving the eleven counties of Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona.

Designated by the Minnesota Board on Aging in 1976 to administer Older Americans Act funds, Minnesota's area agencies on aging works with families, older adults, service providers and public agencies to help support, coordinate or develop community services.

A volunteer board of directors, half of whom are over age 60, governs the agency and meets monthly.



Local partners lead healthy living, evidence based programs with Older Americans Act funds.

Resources & Services

Southeastern Minnesota Area Agency on Aging awards funds to our partners in SE MN. These organizations offer a variety of services to help older Minnesotans stay independent.

Services include:

- Senior dining
- Home delivered meals
- Information & assistance
- Caregiver information & assistance
- Assisted transportation
- Chore & homemaker
- Caregiver respite & counseling
- Legal casework & education
- Evidence-based healthy living programs

For information about these and other services in your area contact the Senior LinkAge Line.

800-333-2433



Our Work

Senior LinkAge® Line

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Southeastern Minnesota Area Agency on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

Health Insurance Counseling

As part of our Senior LinkAge Line work, staff and volunteers provide information and help with Medicare, supplements, prescription drug programs, Medicare Savings programs and long term care insurance.

Return to Community

Specialists help older adults access supports and services that allow them to return to or remain in a community setting.

Older Americans Act Grants and Contracts

Funds are to be used to expand the range of community-based programs and services to keep people living independently.

Development and Collaboration

We work with local communities, service providers and partners to develop services and programs that meet the needs of older adults.