

# Community Resources

## Resources for Seniors and People Living with Disabilities

### General

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**United Way**  
Dial 211

**Help at your Door**  
651-642-1892

- Grocery assistance
- In-home tasks and chores
- Transportation services

**Senior Community Services**  
952-541-1019

- Chore services
- Access to healthcare without copays
- Social worker support

**Community Action Partnership of Hennepin County**  
952-933-9639

- Energy and water assistance • Housing
- Health • Food • Financial counseling

**Senior Linkage Line**  
1-800-333-2433

- Housing and long-term care options
- Medicare counseling
- Transportation
- Grocery and prescription drug delivery

### Food Assistance Programs

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**Meals on Wheels**  
612-623-3363

**MN Food HelpLine**  
1-888-711-1151

Call to find discount grocery programs, food shelves, food programs, farmers markets and SNAP (supplemental nutrition assistance)

**Open Arms**  
612-872-1152

Free meals for individuals living with serious and life-threatening diseases

### Adult Protection

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**MN Adult Abuse Reporting Center**  
1-844-880-1574

### Library

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#### Ask Us

Reach library staff by phone

**612-543-KNOW (5669)**

**Español 651-503-8013**

**Hmoob 612-385-0886**

**Soomaali 612-235-1339**

**COVID-19**

**HENNEPIN COUNTY SERVICES DURING COVID-19**

**612-348-3000 8 a.m. – 8 p.m., 7 days a week**

Help with clothing, financial assistance, grocery and household supplies, medical care and equipment, medication, and other County services.



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### Specific Needs

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**MN Disability Hub-Coronavirus**  
1-866-333-2466

**MN State Services for the Blind,  
Services for Seniors**  
651-539-2324

**Vision Loss Resources**  
612-871-2222  
Personalized referrals

**MN Deaf and Hard of Hearing Services**  
1-800-657-3663  
Voice or your preferred relay service  
651-964-1514  
Videophone referrals from state experts

**MN Braille and Talking Book Library**  
1-800-722-0559  
Library materials

**National Alliance on Mental Illness  
(NAMI)**  
1-800-950-NAMI  
Call to learn about local support groups

### Social/Emotional

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**AARP Caregiver Support Line**  
1-877-333-5885

**Volunteers of America MN/WI**  
952-945-4034  
Caregiver support

**Joy for All**  
1-877-JOY-4ALL  
Prerecorded messages of positivity

**Elder Friends Phone Companions**  
612-746-0737  
Give or receive calls to reduce isolation

### Rent & Transportation

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**Tenant Resource Center**  
612-302-3180  
Resources for those at risk of eviction

**Senior Assistance Metro Mobility**  
651-602-1111  
Free grocery delivery for existing clients.

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