

# Resources for Alzheimer's and other Dementia

For West St. Paul, MN residents



## GENERAL INFORMATION

### **AARP**

[www.aarp.org](http://www.aarp.org)  
1-888-687-2277

### **ACT on Alzheimer's**

[www.actonalz.org](http://www.actonalz.org)

### **Alzheimer's Association**

[www.alz.org](http://www.alz.org)  
1-800-272-3900 (24/7 Helpline)

### **Communities for a Lifetime Initiative (LLS)**

[www.dakotacounty.us](http://www.dakotacounty.us) (search: CFL)  
651-554-6104

### **DARTS (LLS)**

[www.darts1.org](http://www.darts1.org)  
651-455-1560 (hotline)

### **Senior LinkAge Line**

[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)  
1-800-333-2433

### **Wentworth Library (LLS)**

(Ask for: Dementia: A Resource List)  
[www.dakotacounty.us/libraries](http://www.dakotacounty.us/libraries)  
651-554-6800

## HEALTH

### **Aging & Disability Services**

**Dakota County Community Living Services**  
[www.dakotacounty.us](http://www.dakotacounty.us)  
651-554-6336 (intake line)

### **Metropolitan Area Agency on Aging**

[www.metroaging.org](http://www.metroaging.org)  
651-641-8612

### **NAMI Minnesota**

(The National Alliance on Mental Illness)  
[www.namihelps.org](http://www.namihelps.org)  
651-645-2948

### **Veterans Services**

[www.dakotacounty.us](http://www.dakotacounty.us) (search: Veterans)  
651-554-5601

## SUPPORT GROUPS FOR MEMORY LOSS

### **Augustana Lutheran Church**

[www.lyngblomsten.org/memory-loss-groups](http://www.lyngblomsten.org/memory-loss-groups)  
651-414-5291

### **Memory Café**

**The Sanctuary at West St. Paul (LLS)**  
[www.thesanctuary-weststpaul.com](http://www.thesanctuary-weststpaul.com)  
651-455-6322

### **Pastime; A Memory Café**

**Westwood Ridge, Walker Methodist (LLS)**  
[www.walkermethodist.org](http://www.walkermethodist.org)  
651-259-2476

## CAREGIVER RESOURCES, SUPPORTS

**Aging Well Services** (Spanish speaking)  
**Comunidades Latinas Unidas En Servicio,**  
**CLUES (LLS)**  
[www.clues.org](http://www.clues.org)  
612-379-4280

## **DARTS (LLS)**

[www.darts1.org](http://www.darts1.org)

651-455-1560

## **2nd Half with Lyngblomsten (LLS)**

<http://www.lyngblomsten.org/caregivers>

651-414-5291

## **RESPITE/GROUP RESPITE**

*Relief from caregiving.*

## **Aging Well Services (Spanish speaking) Comunidades Latinas Unidas En Servicio, CLUES (LLS)**

[www.clues.org](http://www.clues.org)

612-379-4280

## **The Gathering (group respite)**

Augustana Lutheran and Salem Lutheran Churches

## **2nd Half with Lyngblomsten (LLS)**

[www.lyngblomsten.org/thegathering](http://www.lyngblomsten.org/thegathering)

651-414-5291

## **DEMENTIA/MEMORY SCREENING**

## **15-Minute Memory Screenings by DARTS**

## **Thompson Park Activity Center (LLS)**

[www.tridistrictce.org/page/2532](http://www.tridistrictce.org/page/2532)

651-403-8300 (call for appointment)

## **ASSISTED LIVING/MEMORY CARE**

## **Brookdale Senior Living West St. Paul**

[www.brookdale.com](http://www.brookdale.com)

(Find a Community: West St. Paul)

651-453-1805

## **The Sanctuary at West St. Paul (LLS)**

[www.thesanctuary-weststpaul.com](http://www.thesanctuary-weststpaul.com)

651-455-6322

## **Westwood Ridge, Walker Methodist (LLS)**

[www.walkermethodist.org](http://www.walkermethodist.org)

651-259-2701

## **EDUCATION/ADVOCACY**

## **Dementia Friends Information Session**

[www.actonalz.org/dementia-friends](http://www.actonalz.org/dementia-friends)

651-554-6104 (CFL Initiative)

## **HOME-BASED SERVICES**

*May include: companionship, homemaking, personal care, respite, skilled nursing, in-home therapy.*

## **ComForCare**

[www.comforcare.com/minnesota/st-paul-east](http://www.comforcare.com/minnesota/st-paul-east)

651-333-4244

## **Comfort Keepers (LLS)**

[www.invergroveheights-860.comfortkeepers.com](http://www.invergroveheights-860.comfortkeepers.com)

651-330-3071

## **DARTS (LLS)**

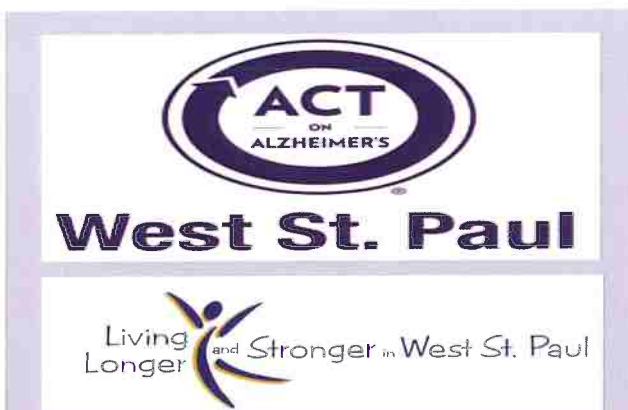
[www.darts1.org](http://www.darts1.org)

651-455-1560

## **Good Samaritan Home Care (LLS)**

[www.good-sam.com](http://www.good-sam.com)

651-488-7680



## **For more information:**

Visit [www.wspmn.gov](http://www.wspmn.gov) (search: Resource Directory for Older Adults and their Families)

This list is a general guide to resources and does not imply endorsement by Living Longer and Stronger in West St. Paul (LLS) or West St. Paul ACT on Alzheimer's. **Active LLS partners indicated with (LLS) after their name.** This information is subject to change.

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