

Resources for Alzheimer's and other Dementia

For West St. Paul, MN residents



GENERAL INFORMATION

AARP

www.aarp.org

1-888-687-2277

ACT on Alzheimer's

www.actonalz.org

Alzheimer's Association

www.alz.org

1-800-272-3900 (24/7 Helpline)

Communities for a Lifetime Initiative (LLS)

www.dakotacounty.us (search: CFL)

651-554-6104

DARTS (LLS)

www.darts1.org

651-455-1560 (hotline)

Senior LinkAge Line

www.MinnesotaHelp.info

1-800-333-2433

Wentworth Library (LLS)

(ask for: Dementia: A Resource List)

www.dakotacounty.us/libraries

651-554-6800

HEALTH

Aging & Disability Services

Dakota County Community Living Services

www.dakotacounty.us

651-554-6336 (intake line)

Metropolitan Area Agency on Aging

www.metroaging.org

651-641-8612

NAMI Minnesota

National Alliance on Mental Illness

www.namihelps.org

651-645-2948

Veterans Services

www.dakotacounty.us (search: Veterans)

651-554-5601

SUPPORT GROUPS FOR MEMORY LOSS

Augustana Lutheran Church

www.lyngblomsten.org/memory-loss-groups

651-414-5291

Memory Café

The Sanctuary at West St. Paul (LLS)

www.thesanctuary-weststpaul.com

651-455-6322

Pastime; A Memory Café

Westwood Ridge, Walker Methodist (LLS)

www.walkermethodist.org

651-259-2476

CAREGIVER RESOURCES, SUPPORTS

Aging Well Services (Spanish speaking)

Comunidades Latinas Unidas En Servicio,

CLUES (LLS)

www.clues.org

612-379-4280

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DARTS (LLS)

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

612-379-4280

The Gathering (group respite)

Augustana Lutheran and Salem Lutheran Churches

2nd Half with Lyngblomsten (LLS)

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

651-403-8300 (call for appointment)

ASSISTED LIVING/MEMORY CARE

Brookdale Senior Living West St. Paul

www.brookdale.com

(Find a Community: West St. Paul)

651-453-1805

The Sanctuary at West St. Paul (LLS)

www.thesanctuary-weststpaul.com

651-455-6322

Westwood Ridge, Walker Methodist (LLS)

www.walkermethodist.org

651-259-2701

EDUCATION/ADVOCACY

Dementia Friends Information Session

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

651-333-4244

Comfort Keepers (LLS)

www.invergroveheights-860.comfortkeepers.com

651-330-3071

DARTS (LLS)

www.darts1.org

651-455-1560

Good Samaritan Home Care (LLS)

www.good-sam.com

651-488-7680



For more information:

Visit 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.