

# COVID-19 Resource: Older Adult Resources

*Due to COVID-19 services and programs are changing rapidly.  
Please contact agencies directly to determine the availability of their individual programs.*

## Senior Linkage Line, sponsored by Trellis (formerly the Metropolitan Area Agency on Aging)

- 1-800-333-2433
- [www.helpolderadultsmn.org](http://www.helpolderadultsmn.org) for a comprehensive listing of resources for older adults

## 360 Communities

- Food shelves and community resources
- 952-985-5300

## AARP Foundation Tax-Aide Program

- [Tax Aide](#) is providing online methods for the preparation of taxes-at no cost. You can request the help of a volunteer coach in preparing your tax returns. [Site Tax-Aid Locator](#)

## CAP Agency

- Home delivered meals
- 651-322-3500

## Meals on Wheels

- 612-623-3363

## DARTS

- Providing free grocery delivery, loop transportation in select cities and home services and outdoor chores
- 651-455-1560

## Hastings Family Service

- [Food shelf](#) and emergency assistance for residents of Hastings and Surrounding Areas
- 651-437-7123

## Elder Resource Association (ERA) South of the River

- [Resource Guide](#) for services for older adults and caregivers

## Metro Mobility – Grocery & Goods Delivery

- Certified Metro Mobility customers can order groceries and household essentials online from a store that has online shopping and local pickup. Metro Mobility will pick up your order and deliver to your house, free of charge
- 651-602-1111

### [Transit Link – Grocery Delivery](#)

- Transit Link customers can order groceries and household essentials online from a store that has online shopping and local pickup. Transit Link will pick up your order and deliver to your house, free of charge.
- 651-602-5465

### [Loaves and Fishes](#)

- Resources for dining sites that include takeaway meals

### [Little Brothers Friends of the Elderly](#)

- The Elder Friends Phone Companions program is FREE and volunteers are background checked. There are three ways to sign up:
- Visit [www.littlebrothersmn.org/phone-companions](http://www.littlebrothersmn.org/phone-companions)
- Email [phonecompanions@littlebrothersmn.org](mailto:phonecompanions@littlebrothersmn.org)
- Call 612-746-0737

### [Lutheran Social Services](#)

- [Caregiver respite](#) and senior nutrition services
- 651-642-5990

### [Neighbors, Inc.](#)

- Food, clothing and emergency assistance for residents in northern Dakota County
- 651-455-5000

### [Help at Your Door](#)

- Grocery assistance for seniors or adults with disabilities
- 651-642-1892

### [West St. Paul – Living Longer and Stronger](#)

- [Resource Directory](#) for older adults and their families