

through the process step by step.

- You begin by answering questions that will create a personal plan for you, your spouse, partner, parent, or friend. Professionals can use the Navigator when assisting clients.
- If a question doesn't fit your situation, you can skip that question and move on to the next question.

What do you need to do?

1. Be asked to create your plan profile
2. Build your community plan by answering questions about...
 - daily living needs
 - memory loss
 - health insurance
3. Housing and home repairs/modifications
4. Safety and security
5. Planning ahead
6. Explore housing options
 - living in your home
 - assisted living
 - nursing home

What will you receive?

Based on your answers, the Navigator will provide you with:

- Service and phone numbers to connect you to helping professionals in your local community
- Long term care recommendations
- Next steps like having a family meeting, safety concerns, honoring the wishes of the person needing help etc.
- Your finished plan for you to save and print

What is the finished plan?

Based on how you answered the questions, you will receive a personalized plan that includes:

- A list of specific formal and informal services
- Web sites
- Documents with detailed information

Your completed plan can be saved to your computer, printed out, or saved by registering at www.longtermcarechoices.minnesotahelp.info. All saved plans require you to create a user name and password to protect your identity and confidentiality.

If you have questions about the Long term Care Choices Navigator, please call the Senior LinkAge Line® at 1-800-333-2433 or you can chat with a Senior LinkAge Line® specialist by visiting www.MinnesotaHelp.info

Beyond Medicare: Return to Community

There may be a time when you are admitted to a skilled nursing facility or short term rehabilitation unit after a hospital stay. Did you know that Minnesota has options available to help you start planning for your return home and successfully remain there? Family and caregiver support are very important as you recover from an illness or surgery so make sure to talk to them about your goal of returning to an independent lifestyle. While residing in a skilled nursing facility or short-term rehabilitation unit, you will have a social worker or discharge planner available who will help you understand your options for returning to your home or another community setting.

The Senior LinkAge Line® is a resource for consumers and their family members as they are navigating through what may be a very difficult time. The Senior LinkAge Line® is a service of the Minnesota Board on Aging and Area Agencies on Aging. Specialists provide one-to-one, comprehensive Long Term Care Options Counseling. Call 1-800-333-2433 for assistance or go to www.MinnesotaHelp.info to chat live with a Senior LinkAge Line® specialist.

Minnesota has a service known as "Return to Community" that was established in 2009. This service is available through the Senior LinkAge Line® for private pay nursing home residents who would like assistance returning to the community. A Registered Nurse or Licensed Social Worker, known as a Senior LinkAge Line® Community Living Specialist, will visit with you and or your family members while you are still in the nursing home to identify your needs and preferences and concerns for returning to a community setting. After you have left the nursing home and returned to your home, a Senior LinkAge Line® specialist will provide phone based follow-up in the community to make sure you are living successfully and safely. For more information about this service, please call the Senior LinkAge Line® at 1-800-333-2433.

Services are also available for those enrolled in Medical Assistance or a Medical Assistance Managed Care Plan. You should have a case worker or managed care coordinator who can help you explore your options in the community after a nursing home stay. They will work with you and your family to identify options available in the community that will best meet your needs.

Minnesota also has a service called Relocation Services Coordination. This service is available to all nursing home residents who are current Medical Assistance enrollees. To receive this service, simply contact your nursing home social worker or discharge planner and request a referral

to your county human services office for relocation services. A nurse or case manager will visit you in the nursing home to discuss your needs and preferences including options for going home.

Beyond Medicare: A New Service to Help You Consider Your Options Before You Move

Are you thinking about moving to a registered housing with services setting?

If your answer is “yes”, the State Legislature recently made changes that might impact you. **Before you sign a lease or housing contract, first call the Senior LinkAge Line® for Long Term Care Options Counseling.** It can help you find services that meet your needs. To receive the free, objective service, call the Senior LinkAge Line® at 1-800-333-2433.

The Senior LinkAge Line® helps people and their families find local resources and make decisions about long term care options. When you call, you will talk with an expert. Together, you will:

- Look at your current situation.
- Find services that may be helpful to you.
- Learn about financing options, Medicare and other resources. These resources might help you pay for any services you may need.

Take the following important steps before you move:

1. Call the Senior LinkAge Line® at 1-800-333-2433. Or, use the Minnesota Relay Service at 711 or 1-800-627-3529 (TDD), or call 1-877-627-3848 (speech-to-relay service).
2. The Call Specialist will ask you some basic questions and discuss your options.
3. At the end of the call you will receive a verification number.
4. Write down the number and put it in a safe place.
5. The Senior LinkAge Line® will mail you a copy of the verification number. Watch for the number to come in the mail.

What this means for you:

- Make just one call for help with making decisions about services or finding help.
- Have better information to make choices.
- Get support to consider all of your options.
- Make the right choice at the right time for you.

Beyond Medicare: Senior LinkAge Line® A One Stop Shop for Minnesota Seniors

Since 1997, many older adults in Minnesota have relied on the Senior LinkAge Line®, a statewide service of the Minnesota Board on Aging and Area Agencies on Aging, as their first call for assistance when experiencing questions or issues on a variety of subjects. Most widely known for Long Term Care Options Counseling, Medicare expertise and helping older adults age well in the community, the Senior LinkAge Line® is also often used for helping Minnesota seniors and their caregivers to find answers to other questions that may involve state agencies, such as how to handle a driver’s license that has been revoked or determining if a professional holds a current license. Because of the extensive knowledge of the Senior LinkAge Line® specialists, as well as the increasing popularity of the line, when Lt. Governor Yvonne Prettner Solon had a vision for a One Stop Shop for Minnesota Seniors, it made sense to expand the existing Senior LinkAge Line®.

The newly expanded Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors can now quickly assist Minnesotans with a variety of subjects and issues that require the expertise of other state agencies. With one call, a specialist can connect the caller to appropriate state agency staff that can directly assist the caller without requiring a second, or even third call to be made. For example, if a senior has questions regarding their property tax, a Senior LinkAge Line® One Stop Shop specialist can chat with a staff from the Minnesota Department of Revenue to find an answer for the caller. This virtual network is made possible through the use of LinkLive Revation, a specialized chat and call system. The Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors will continue to expand over the next year with connecting seniors to volunteer and employment opportunities.

To seek assistance with any area concerning Minnesota seniors and their caregivers, call the Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors at 1-800-333-2433. Specialists are also available through online chat at www.MinnesotaHelp.info. Hours of operation are Monday through Friday from 8:00am to 4:30pm.