



A One Stop Shop for Minnesota Seniors

MNRAAA Educational and Training Opportunities

Call the Senior LinkAge Line® at 1-800-333-2433

Welcome to Medicare* (2 hour class)

Learning what to do when you become eligible for Medicare can seem overwhelming. This introductory class is for individuals getting ready to turn 65, those eligible for Medicare due to a disability, individuals who are already receiving Medicare benefits and family members. Topics will include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage. During the class you will learn about Medicare enrollment and how to get the most from your benefits.

What's New in Medicare* (2 hour presentation)

Staying on top of the latest changes in the Medicare program can be difficult. Medicare beneficiaries and their family members will learn about changes in Medicare for the coming year and how it could affect their benefits. An overview of the Medicare program, benefits and plan options for the new year will be provided. This presentation is offered in the fall of each year.

Senior Surf Day* (2 hour class)

This hands-on class will teach you the basics of operating a computer and how to navigate the Internet. There are lots of reasons to get on the Internet. You can find information, check out new entertainment ideas and keep in touch with family and friends. This is an introductory class that is intended for older adults with little or no computer experience.

Before You Move* (90 minute presentation)

As your physical condition changes, volunteer and professional services can be brought in to your home. Learn about the many options for assistance so you can continue to live in your home. At some point, however, it might be necessary for you to make a move to a place where you can get additional help. This class will help you and your family learn how to start planning for the future.

Senior LinkAge Line®* (30 minute presentation)

The Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors is the Minnesota Board on Aging's free statewide information and assistance services. For more than 20 years, the Senior LinkAge Line® has been serving older Minnesotans and their families by connecting them to the resources they need. The Senior LinkAge Line® was first established in 1994 by the Minnesota Board on Aging and has grown in breadth and depth of services over the years. This presentation will help individuals learn about the Senior LinkAge Line® and how it supports older adults and their families with decision making.

MinnesotaHelp Network®* (30 minute presentation)

The MinnesotaHelp Network™ is a statewide network that helps Minnesota citizens get connected to the right service at the right time. Assistance can be provided via phone, Internet chat or in-person. This presentation

will help individuals learn about the MinnesotaHelp Network™ and how it supports Minnesota citizens and their families.

Don't be a Target of Medicare and Consumer Fraud* (30 and 60 minute presentations)

Protecting your personal information is the best line of defense in the fight against Medicare and consumer fraud. Even when you do everything right, there is still a chance that you could be a target of fraud. If you suspect fraud, it should be reported immediately. Learn how to **Protect, Detect** and **Report** Medicare and consumer fraud and abuse.

Own Your Future (60 minute presentation)

Long-term care is the personal care and household help you need as you grow older or have a chronic illness or disability. Medicare and your health insurance do not pay for most long-term care. Own Your Future is an initiative between Minnesota and the federal Department of Health and Human Services to help Minnesotans plan for future long-term care needs. This presentation will provide you with information on why and how to plan for your future health and personal care needs.

Pre-Admission Screening Overview (30 minute presentation)

A Pre-Admission Screening must be completed by a qualified health care professional prior to admission to any Medicaid certified nursing facility, hospital “swing bed” or certified boarding care regardless of length of stay or payor source. This presentation is for professionals wanting more information about the Pre-Admission Screening process and how it applies to their work and the consumers they serve. Instruction is provided by trained specialists who conduct Pre-Admission Screening.

Act on Alzheimer's Community Engagement (presentation can be tailored to allotted time)

ACT on Alzheimer's is a statewide, volunteer-driven collaboration preparing Minnesota for the personal, social and budgetary impacts of Alzheimer's disease. Passionate and committed partners, supporters, action communities, and Minnesotans are taking part in the work and making a difference. Learn how this four-phase process brings people together to help a community create a supportive environment for people with dementia.

Falls Prevention – Stay Right Side Up! (presentation can be tailored to allotted time)

Have you taken a tumble or slipped in the past year? Are you afraid of falling? You are not alone. Falls can happen to anyone. Don't let the fear of falling keep you from activities you enjoy. This presentation will include information on ways to *stay right side up* such as: Be Safe at Home; Enjoy the Outdoors; Don't Be Swept Off Your Feet; Move Your Body; Know Your Medications; and Eye Can See Clearly Now.

Live Well at Home

Do you want to live well in your own home as you grow older? Learn your risks and how to live at home successfully. Live Well at Home helps older Minnesotans and veterans live well longer in their own homes. Live Well at Home also supports family caregivers so they get the help they need as they coordinate and provide care.

Supporting Family Caregivers including Working Caregivers (presentation can be tailored to allotted time)

Do you..... Bring your dad a few groceries? Drive a friend to her doctor visit? Remind mom to take her pills? Then you are a caregiver. Family and friend caregivers are the foundation of Minnesota's long-term care and support services. Every day caregivers provide a range of support from chores and errands, to personal care medical care, and preventing injury. This support is critical for keeping older adults safe and in their own homes. Learn more about the many resources available in Minnesota to support family caregivers.

Who Gets Grandma's Yellow Pie Plate? (presentation can be tailored to allotted time)

Almost everyone has personal belongings such as wedding photographs, a baseball glove, or a yellow pie plate that contain meaning for them and for other members of their family. What happens to your personal belongings when you die? Who decides who gets what? Planning for the transfer of such items is a challenge facing the items' owners and, potentially, family members and legal representatives who may be left to make decisions when a family member dies. This presentation will provide you with practical information about inheritance and the transfer of non-titled personal property.

Communities for a Lifetime (presentation can be tailored to allotted time)

Minnesota's population is aging. Cities and their local leaders are critical in setting a vision for age-friendly communities and creating effective policies, planning initiatives and citizen engagement opportunities. Learn how communities throughout Minnesota can prepare for the demographic shift through intentional planning initiatives referred to as "Communities for a Lifetime."

Aging Trends and Demographics (presentation can be tailored to allotted time)

Minnesota's population is aging. By 2020 there will be more people over 60 than children in school. By 2030 one in four people will be over the age of 65. Learn more about the phenomenon commonly characterized as "The Age Wave".

MNRAAA staff can refer individuals to the following programs within their local community:

Chronic Disease Self-Management (Living Well with Chronic Conditions)

Have you had to change your lifestyle to deal with a condition such as diabetes, arthritis, heart disease or depression? This 6 week workshop will empower you to live a productive, healthier life – no matter your challenge.

A Matter of Balance

Have you suffered a fall or are you afraid of falling? This 8 week workshop will reduce your fear and teach you to prevent falls.

Powerful Tools for Caregivers

As a caregiver, are you feeling overwhelmed? This 6 week workshop will help you learn skills to care for yourself while caring for others.

*Instruction is provided by Senior LinkAge Line® trained specialists and volunteers. The Senior LinkAge Line® is the State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol for Minnesota. Specialists provide free one-to-one assistance with all Medicare and health insurance issues and also provide in-depth long-term care options counseling. Information is objective and neutral.