

**Attention**

If you want free help translating this information, call Senior LinkAge Line® at 1-800-333-2433.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم

.Senior LinkAge Line® 1-800-333-2433

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ Senior LinkAge Line® 1-800-333-2433 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite Senior LinkAge Line® 1-800-333-2433.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu Senior LinkAge Line® 1-800-333-2433.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການ ການຊ່ວຍເຫຼືອ ໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທຫາ Senior LinkAge Line® 1-800-333-2433.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta’e, lakkoofsi bilbiltu Senior LinkAge Line® 1-800-333-2433.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните Senior LinkAge Line®

Ogow. Haddii aad dooneyso in lagaa kaal-meeyo tarjamadda macluumaadkani oo lacag la’aan ah, wac Senior LinkAge Line® 1-800-333-2433.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame a Senior LinkAge Line® 1-800-333-2433.

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi Senior LinkAge Line® 1-800-333-2433.

LB #4 (11-03)



**Start planning now to return and remain at home successfully**

There are experts that can assist you in returning home.

Link to an expert by calling the **Senior LinkAge Line®** today to talk about your long-term care options.

**1-800-333-2433**



The State of Minnesota's Senior LinkAge Line® is a free information and assistance service, which makes it easy for older adults and their families to make decisions, find out about their choices and get access to the right service at the right time. With one call you can link to an expert that knows long-term care, as well as home and community based services near you.

**Some of the services that may be available to help you live at home are:**

**L**ocal transportation for running errands, going to appointments and staying connected to family and friends

**I**nformation on Medicare, health and long-term care insurance including help comparing plans and policies

**V**olunteer and non-profit grocery delivery and meal preparation agencies

**E**xpert assistance with dressing, bathing and managing medications

**W**indow washing, snow shoveling and other chore and housekeeping assistance

**E**xperienced professionals to make modifications to your home

**L**ocal support for caregivers, such as your family and friends

**L**icensed professionals to help you in your home, such as nurses or aides

**Link to an expert online!**

Create your own personalized plan to return home by going to [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)®

- You can use the “Senior Link” to find resources and information especially for you.
- Try the Long-term Care Choices Navigator to create a plan to live well and age well in your community. This interactive tool will help you set up a personalized profile and then walk you or your caregiver through a series of questions that can match your needs to helpful services near you. Build a plan that includes services and other helpful tools including information about topics you are interested in. You can find the Long-term Care Choices Navigator at <http://longtermcarechoices.minnesotahelp.info/>.

