



DEPARTMENT OF
HUMAN SERVICES



Long-Term Care Consultation Services - Promoting and Supporting Independent Community Living



Finding temporary and long-term care services in the community

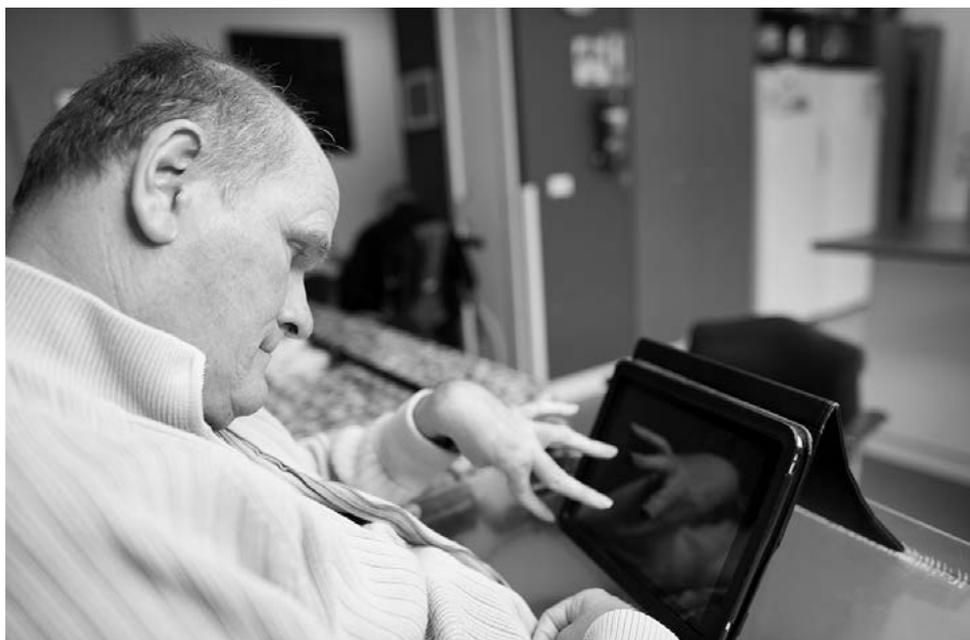
These days, there are many ways to receive services when you have temporary or long-term care needs. You may choose services that come to you, whether you live at home, at a seniors' residence or in other community settings. Community services may also help you move out of a long-term care facility.

Where can I find help to stay in my home?

You can get information about services and other help to stay in your home.

- On the Internet: www.MinnesotaHelp.info
- Call the Senior LinkAge Line® at 1-800-333-2433 to talk to a person who can give you free information and long-term care options counseling.
- Meet with Senior LinkAge Line® staff.
- Call the Disability Hub at 1-866-333-2466, or go to <https://disabilityhubmn.org/>.

- In addition, your county agency provides long-term care consultation services. These services are also available through many tribal health divisions. The consultant can visit you and help you decide how much service you need and what services are available in your community. This visit is free and available to people at all income levels. You can find county and tribal contacts on the internet here: <https://mn.gov/dhs/people-we-serve/seniors/services/home-community/contact-us/ltcc-contacts.jsp>.



Who can help me when I want to move out of a nursing facility?

A variety of short and long-term community supports can help you return home or to a new setting, such as foster care or assisted living facility.

- The nursing facility social worker can help plan services you might need to return home.
- If you want to return to the community after your stay, you may be contacted by a community living specialist. These staff are available to help private pay nursing home residents discuss options for possibly returning to the community. The specialist will meet with you in the nursing home to provide support planning and service options available for your return. The specialist will also provide follow-up in the community to assure services arrive as planned and adjust your support plan if necessary.
- You can request a visit with a community living specialist by calling the Senior LinkAge Line® at 1-800-333-2433.
- The Senior LinkAge Line® staff can also connect you to your local county or tribal long-term care consultants, who can help you plan to move back to your home or another community setting. If you are eligible for Medical Assistance, a relocation services coordinator is available to help you plan for and locate community services.

More about Senior LinkAge Line[®], 1-800-333-2433

The Senior LinkAge Line[®] provides assistance to seniors, as well as to people of all ages covered by Medicare. You can talk to a person over the phone or in person who can give you information about resources available in your own community. The Senior LinkAge Line[®] can connect you with:

- Help moving out of a nursing home
- Help with Medicare questions
- Caregiver support
- Housing options
- Chore and minor home repair services
- Transportation
- Home health care
- Legal or financial assistance
- Meal delivery and nutrition
- Assistance with prescription drug expenses
- Applying for programs and services

The Senior LinkAge Line[®] service is free of charge. The Senior LinkAge Line[®] phones are answered from 8 a.m. to 4:30 p.m. weekdays. Messages can be left 24 hours a day.

More about long-term care consultation

You may also contact your local county or tribal agency directly for help with decisions about long-term care services. If you belong to a health plan, you may be referred to your care coordinator for this assistance.

Long-term care consultants/MnCHOICES assessors are public health nurses or social workers who will visit with you in your home or in a long-term care facility to help you identify services you might need or want and help plan those services. The visit is free of charge. They can help you:

- Stay in your own home or apartment
- Move from a long-term care facility
- Move to foster care or a housing with services setting
- Understand your choices in services
- Make a plan and choose services to meet your needs
- Find programs that help pay for services if you are eligible

What happens during the long-term consultation?

The public health nurse or social worker visits you within 20 calendar days of your request. You will talk about things like your general health, how you take care of routine daily activities and any help you may receive from family and friends. You will also talk

about your social needs and what type of supports and services are available in your community. The visit will take about two hours and is free. Long-term care consultants/MnCHOICES assessors are not financial advisors but can help you access programs that help pay for services if you are eligible.

Everyone can help, but the final decision is yours.

You may ask family members, friends, neighbors or your caregivers to participate in a visit with a MnCHOICES assessor or community living specialist. Family members, friends, neighbors or your caregivers can provide information about what's been working well for you. You will then be in a good position to decide what kind of care makes the most sense for you.

After your visit, you will receive a plan with recommendations about service options that could meet your current needs. You can decide whether or not to follow the recommendations. You may choose nursing facility services instead of community services for example. The final decision will be yours or your legal guardian's.

Transitional consultation: A step before moving to assisted living.

If you are thinking about moving to an assisted living, you can get help in looking at your options to determine if moving is the best choice for you. Moving out of your own home may or may not be the best choice. The Senior LinkAge Line® staff can

help you look at options to meet your needs in your home as well as help you determine how to pay for those options. Assisted living providers are required by law to give you information about this assistance, known as transitional consultation. To find out more about transitional consultation, call the Senior LinkAge Line® at 1-800-333-2433.

Who pays for long-term care services?

You may pay for some of your services. If you qualify, there are additional funds available through Minnesota Health Care Programs. Medical Assistance, for example, may help pay for your nursing home care or community services.

Programs that may help pay for your services

Minnesota has programs that may help pay for the care you receive in your home or in other community living settings if you meet financial eligibility requirements.

For people who meet requirements, home and community-based services are available under several programs. If you are interested in applying for these programs, contact your local county or tribal human services agency for more information. A long-term care consultation visit is also required. If you belong to a health plan, you may be referred to your care coordinator for this help. For information about state-funded, long-term care programs visit the Department of Human Services' website at: mn.gov/dhs.

Other community options

Many communities have services, such as transportation, congregate dining or home-delivered meals and chore services that are available to all seniors for low or no cost. Call the Senior LinkAge Line® at 1-800-333-2433 for more information, or your county or tribal office to schedule a long-term care consultation/MnCHOICES visit.

Fair treatment is your right

You have the right to fair, nondiscriminatory treatment. Neither the Minnesota Department of Human Services nor county agencies may discriminate against you because of your:

- Race
- National origin
- Religion
- Marital status
- Age
- Color
- Sex
- Disability

If you feel you were discriminated against for any of these reasons, you may file a complaint with:

Minnesota Department of Human Services
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040

Minnesota Department of Human Rights
190 E. Fifth St., Suite 700
St. Paul, MN 55101
800-657-3704

651-539-1100
MN Relay: 711
or 800 627 3529

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း
အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်း
ခြင်းသို့ မဟုတ် 1-800-358-0377 ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ
សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

請注意，如果您需要免費協助傳譯這份文件，
請告訴您的工作人員或撥打1-844-217-3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le
présent document, demandez à votre agent chargé du traitement de cas ou
appelez le 1-844-217-3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau
tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu
rau 1-888-486-8377.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလီၤလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ်
တီလံာ်မိတခါအံၤန့ၣ်,သံက့ၢ်ဘဉ်ပှၤဂ့ၢ်ဝီအပှၤမၤစၢၤတၢ်လၢနဂီၢ်မ့တမ့ၢ်ကိးဘဉ် 1-844-217-3549 တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의하시거나 1-844-217-3549 으로 연락하십시오.

ໂປຣດຊາບ. ຖ້າທາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍຣີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປຣໄປທີ່ 1-888-487-8251.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbilli 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la' aan ah ee tarjumaadda qoraalkan, hawlwadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.

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For accessible formats of this publication or additional equal access to human services, write to DHS.info@state.mn.us, call 651-431-2600 or preferred relay service.

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