

Caregiver Assistance Resources - Get Help Now!

Updated November 2025

This document is intended to help caregivers find resources needed to manage urgent dementia care situations. This list is not all inclusive - it is a short list intended to provide a starting point on your journey. For more complete information, please see our Dementia Support Groups & Services resource document, which is updated on a monthly basis.

[Roseville Alzheimer's & Dementia Community Action Team](#)

Section One: Hotlines and Helplines

Hotlines and Helplines are listed in order by the level of crisis that they deal with.

Section Two: Organizations offering caregiver counseling and coaching

These are organizations that the Roseville Alzheimer's & Dementia Community Action Team has had recent experience and interactions with. They provide a variety of services to help caregivers and persons living with dementia and their families, including counseling, care coaching, respite, and education.

Section One: Hotlines and Helplines

Call 911 if you are experiencing a life-threatening emergency

Inform the responder that the person in crisis is a vulnerable adult experiencing symptoms of dementia or cognitive decline.

If you are a caregiver and are experiencing a medical crisis, inform the responder that you are responsible for a vulnerable adult living with dementia. A hospital social worker will help find emergency respite care and can alert your emergency contacts about the situation. Both of you may need to be hospitalized while arrangements are made in order to keep your person safe. Post relevant information on your refrigerator or on a medical alert card or device where first responders can find it.

988 Suicide and Crisis Lifeline - Call 988.

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

[Click here](#) for more information about the 988 Suicide and Crisis Lifeline

Minnesota Adult Abuse Reporting Center: 1-844-800-1574

The Minnesota Adult Abuse Reporting Center (MAARC) provides a toll-free number, 1-844-880-1574, for the general public to report suspected maltreatment of vulnerable adults.

Reports can be made anonymously. Call 911 first if you are reporting an emergency that requires immediate assistance.

[Click here](#) for more information about the Minnesota Adult Abuse Reporting Center

Alzheimer's Association 24/7 Helpline: 800-272-3900

Connect with a live person who can provide information, local resources, crisis assistance and emotional support. The helpline is available 24/7. Bilingual staff or interpreter services are readily available.

[Click here](#) for more information about the Alzheimer's Association helpline.

Alzheimer's Foundation of America National Toll-Free Helpline: 866-232-8484

This helpline is available 7 days a week from 9:00 a.m. - 9:00 p.m. Eastern Time (8:00 am - 8:00 pm Central Time.) It is staffed entirely by licensed social workers specifically trained in dementia care.

[Click here](#) for more information about the Alzheimer's Foundation of America Helpline.

Minnesota Ombudsman for Long Term Care: 651-431-2555 (Calls will be routed regionally.)

The Office of Ombudsman for Long-Term Care (OOLTC) is an independent Minnesota state agency that serves people needing or receiving long-term care through complaint investigation, advocacy and education. Resources include the Nursing Home Report Card, the Assisted Living Report Card, and Survey Inspections. This is the agency to report problems encountered at care residences or with home care services.

[Click here](#) for the Minnesota Ombudsman for Long Term Care website.

Minnesota Aging Pathways: 800-333-2433

Minnesota Aging Pathways, formerly the Senior Linkage Line, is available Monday - Friday from 8:00 a.m. to 4:30 p.m. They provide resource information about services for older Minnesotans and are not dementia specific, covering a wide range of concerns from Medicare to obtaining at-home services. They are a service of the Minnesota Board on Aging and the Area Agencies on Aging. Minnesota Aging Pathways is also involved in evaluating whether people are able to remain at home or if they qualify to move to a care residence.

[Click here](#) for more information about e Minnesota Aging Pathways.

Section Two: Organizations offering caregiver coaching, counseling, care planning, and case management.

This is not intended to be a complete list of organizations offering these services – this serves as a starting point for locating resources. Organizations are listed in alphabetical order.

Comunidades Latinas Unidas En Servicio (CLUES)

Headquarters in the East Side of Saint Paul, other offices in Minneapolis, Willmar, and Austin
Call 612-299-2310 or email info@clues.org
Website: Comunidades Latinas Unidas En Servicio

East Side Neighborhood Services

1700 2nd St NE, Minneapolis, MN 55413
Call 612-221-8488 Jenna Van Proosdy (work cell to call/text) or email jvanproosdy@esns.org
Website: Vital Living Caregiver Services

FamilyMeans

Main office in Stillwater, MN - other offices in St. Paul and Rochester, Minnesota and in Hudson and Eau Claire, Wisconsin.
Call 651-439-4840 or email familymeans@familymeans.org
Website: Help for Caregivers - FamilyMeans

Jewish Family Service of St. Paul - Services are available regardless of faith affiliation.

1633 West 7th Street, St. Paul, MN 55102
Call 651-698-0767 or email info@jfssp.org
Website: Help for Caregivers - Jewish Family Service of St. Paul

Lyngblomsten Community Services

1415 Almond Avenue, St. Paul, MN 55108
Call 651-632-5320 or email caregiving@lyngblomsten.org
Website: Caregiver Resources and Support - Lyngblomsten Community Services

Normandale Center for Healing & Wholeness

6100 Normandale Rd., Edina MN 55436
Call 952-929-1698 or email info@normandalecenter.org
Website: Caregiver Support Services - Normandale Center for Healing & Wholeness

Senior Community Services

10201 Wayzata Blvd., Suite 335, Minnetonka, MN 55305
Call 952- 541-1019 or email reimagineaging@seniorcommunity.org
Website: Senior Community Services

START Senior Solutions

6995 Mariann Drive, Eden Prairie, MN 55346
Call 952-215-7052
Website: START Senior Solutions

Volunteers of America Minnesota and Wisconsin

7625 Metro Boulevard, Minneapolis, MN 55439
Call 952-945-4000 or email voamninfo@voamn.org
Website: Older Adults | Volunteers of America Minnesota and Wisconsin