

## Resources in Region IV for Seniors

### Walsh County

- 1 – Options Counseling: Face-to-face contact with Aging Services staff to explore service options in the community to assist seniors with staying in their home as they age. Contact is Karen Hillman, Northeast Human Service Center, 701-795-3017.
- 2 – Family Caregiver Support Program: Federal program that is operated by the ND State Aging Services division. Support Family Caregivers as they provide 24-hour care for their loved one. Support includes paid respite, reimbursement for incontinent supplies or assistive devices, training from OT/PT, paid counseling for stress related to caregiving and assistance to access other services to help with caregiver role. Contact is Karen Hillman, Northeast Human Service Center, 701-795-3017.
- 3 – AARP: CAREGIVER RESOURCE CENTER - *Helping you navigate your role as a family caregiver*. AARP has a large library of resources on-line to support family caregivers. Their website is: <https://www.aarp.org/caregiving/?intcmp=GLBNAV-PL-CAR>
- 4 – VA Caregiver Support: As a family caregiver you play an important role in caring for the Veteran at home and in the community. VA has two programs for caregivers: The Program of General Caregiver Support Services (eligible Veterans all eras) and the Program of Comprehensive Assistance for Family Caregivers (eligible post-9/11 Veterans). VA Caregiver Support website is: <https://www.caregiver.va.gov/index.asp>. In ND, for a referral contact: Fargo VA Caregiver Support Program at 701-239-3700 ext 4399.
- 5 – Vulnerable Adult Services: Assistance for seniors or vulnerable individuals who are being abused, neglected or exploited. Staff will investigate referrals, make referrals for services and assist in accessing services. Referral process is through the ND Aging Services website <https://www.nd.gov/dhs/services/adultsaging/reporting.html>
- 6 – Dementia Care: MN-ND Alzheimer's Association offers Care Consultations. This is individualized assistance, problem solving and identification of resources for individuals with memory loss and care partners. This is one-on-one assistance to help them better manage care and make more informed decisions regarding services and treatments. They also offer education workshops. Program funded through the ND Aging Services. Contact is Maggie Ness, 701-775-8544.
- 7 – Home and Community Based Services: Services provided in the individual's home such as homemaker services or personal care or community-based services such as transportation assistance and home-delivered meals. There is a financial and functional eligibility. Contact is GF Human Service Zone, 701-787-8540.
- 8- Senior Safety Program: Funded through ND Aging Services, this program makes it possible for those ND residents over the age of 60 with aging-related disabilities to remain safely in their homes for as long as possible with assistive technology. Eligible residents receive a wide variety of assistive devices free of charge (up to \$300 worth). Contact is ND Assistive, 800-895-4728, [info@ndassistive.org](mailto:info@ndassistive.org).
- 9 – ND Resource-LINK or [www.carechoice.nd.gov](http://www.carechoice.nd.gov): Locate local resources and providers by phone or website. Operated by ND Aging Services.

10 – Equipment Rental: Organizations that will borrow for free or small rental charge for short term equipment needs or to try before you buy. Grand Forks Senior Center, 701-772-7245; ND Association for the Disabled, 701-775-5577 or Options Resource Center for Independent Living, 218-773-6100

11 – Walsh County Nutrition: Senior Dining is a time for older adults to share a meal while enjoying the company of one another in a common setting. Senior Dining provides hot, well-balanced meals for individuals 60 years of age and older and their spouse of any age. These menus have been prepared by a licensed registered dietitian to ensure good nutrition guidelines. The full cost of a noon meal in Walsh County is \$10.50, however each person is responsible for determining what he/she is able to contribute as a suggested contribution. The suggested contribution is \$5.00/meal. Persons under 60 years of age are required to pay \$7.50 toward the cost of the meal. Meal sites are located in the following towns along with contact phone number:

Park River	284-6993	Fordville	229-3604
Lankin	593-6344	Minto	248-3315
Edinburg	993-8242	Grafton	352-3648
Forest River	248-3554	Fairdale	966-2550

12 – Walsh County Transportation: The mission of Walsh County Transit is to provide coordinated transportation services for all citizens of Walsh County and foster independence by providing mobility options.

Walsh County Public Transit (WCT) operates as a demand response service. WCT is a Qualified Medicaid Provider. WCT does not provide emergency medical services nor do we operate as a taxi delivery service. Out-of-town services are provided to Grand Forks, Grafton and Fargo. The Walsh County Transportation bus schedule is as follows:

- Grafton – Wednesday and Friday, 9:00 a.m. – 4:00 p.m.
- Grand Forks – Every Tuesday, Thursday and Saturday
- Park River – As Requested
- Fargo – The 2nd Monday of each month

Reservations may be made Monday through Friday by calling the office at 701-284-7980 the day before your ride by 3:00 p.m. Office hours are 8:00 a.m. to 4:30 p.m., Monday - Thursday and 8:00 a.m. to 3:00 p.m. Friday. You will be given an approximate time for the bus to pick you up. The transit vehicle can arrive 15 minutes before or after the scheduled time of pick up so please be ready before the scheduled time. Upon arrival, you will have 5 minutes to board the transit vehicle. If you fail to board at that time, the driver will consider you a no show and leave. Continuous violations of this policy may result in future services being denied. Please pay fare upon entering the vehicle. Out-of-town fares vary according to destination. Fares to out-of-town destinations are the same for a one-way trip or round trip.

Passengers with medical appointments are given priority for pick up and drop off times. Any non-medical appointments should be made after 10:00 a.m. If the passenger has other transportation needs that are not listed, please inform dispatch of those needs and we will try to accommodate them.