

# ACCAP and volunteers offer a variety of programs to help seniors live a healthy life while remaining in their homes

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Sometimes seniors need a little help to continue living at home and remaining healthy.

For those that do, services provided by the Anoka County Community Action Program (ACCAP) are just a call or click away.

## Chores and More

The Chores and More program helps seniors and disabled adults with housekeeping, minor home repairs and seasonal chores.

Work is done by screened, private contractors or volunteers from schools, churches and other community organizations.

Chores and More, for some people, can provide a solution to a temporary situation such as an illness, injury or recent hospital stay.

For others, Chores and More becomes an essential service that helps them remain living safely and independently in their own homes.

The program is available for individuals over age 60 or those with a disability.

Minor home repairs, housekeeping and seasonal chores are among the services offered through the Chores and More program.

Routine housekeeping items include vacuuming, dusting, scrubbing the bathroom and kitchen. It can also include laundry.

Considered as fall or spring cleaning items are cleaning cupboards, windows, closets, stoves and refrigerators.

The program costs vary depending on the types of services offered. Fall or

spring cleaning is a higher cost than routine housekeeping.

Assistance is available for individuals who are unable to pay the full amount for Chores and More's services.

Individuals working for the Chores and More program include seniors and other people from all walks of life.

Program staff members conduct personal reference checks, complete a background check and do a personal interview with each worker.

To volunteer for chores and more, call 763-767-6521. To receive Chores and More services, call 763-767-6521 or 763-502-5151 for residents of Columbia Heights, Fridley and Hilltop.

## Senior Companion Program

ACCAP offers a Senior Companion Program which provides weekly one-on-one service to isolated or homebound seniors.

Through the program individuals age 60 and older provide assistance and friendship to those isolated or homebound seniors.

Services offered include companionship, outings, helping with errands and medical appointments.

The companions provide a connection with the community which helps seniors in living independently.

Senior companions are not allowed to provide any personal care or chore services.

There is no cost or income guidelines for the Senior Companion Program and companion services are available Monday through Friday.

Volunteer senior companions receive mileage reimbursement and a meal allowance. These volunteers also work no more



Fall yard cleanup is one of the many chores volunteers provide through ACCAP's Chores and More Program. Submitted file photo

than 20 hours a week.

To participate in the Senior Companion Program, call 763-783-4717.

## Senior Information Line

ACCAP also offers a Senior Information Line, which provides older individuals and their family members with community resources.

The service allows anyone to call to get information on housing, support, transportation, chore services or any other need for a senior they care about.

The Senior Information Line is available Monday through Friday from 8 a.m. to 4 p.m. and is free of charge.

Staff from the information line call back in a week to check and see if the referral was appropriate. If needed, other options are explored and alternative solutions are sought to meet the individual's needs.

## Senior Outreach

ACCAP's Senior Outreach program makes sure frail and isolated older adults are OK.

Family members, neighbors, clergy members, senior center directors, county personnel and seniors themselves can call with concerns and request a visit by an outreach worker.

Staff members meet at the senior's home to identify needs and discuss appropriate programs.

The senior is then linked to support services such as Meals on Wheels, congregate dining, food shelves, public health nurses, income maintenance, senior clubs, energy assistance, chore services or other needed community resources.

During the visit the senior outreach

worker helps those age 60 and older access the needed support services.

The worker connects clients with different programs and services needed to help the senior remain in their home or apartment.

An assessment is done of the senior's needs and programs to meet those needs are suggested.

The outreach worker will also help complete any required paperwork necessary for the service programs.

Senior Outreach is available to any Anoka County senior at no charge. There are no income guidelines, however an emphasis is given to serve low-income seniors.

To contact Senior Outreach, call 763-783-4741.

For more information about ACCAP's services, visit [www.accap.org](http://www.accap.org).



Volunteers for the Chores and More program help seniors with routine housekeeping and other household tasks. Submitted file photo



Senior Outreach works visit seniors' homes to determine what services are needed. Submitted file photo