

Homemaker Services

Provide assistance with general household activities, which may include light housekeeping, laundry, meal planning and preparation, assistance with money management, performing essential errands, and shopping.

Hospice

Coordinates care and services to assist persons who are terminally ill and their loved ones. Hospice can be provided in one's home, a hospital or nursing home or a freestanding hospice center.

Living at Home/Block Nurse Program

Assists older adults who reside within a defined geographic area, to live independently and safely by providing affordable, in-home services and volunteer support. In-home services include homemakers/home health aides, skilled nursing, post hospital care, long-term illness management, medication management, and nutrition and exercise education. Volunteers provide friendly visiting, chore help, transportation, shopping assistance, help with managing mail, telephone reassurance, peer counseling and caregiver support.

Loan Locker/Closet

Provides the use of low-tech equipment such as toilet seat risers, shower seats, wheel chairs and walkers to help maintain independence.

Long Term Care Consultation

Provides information about community services and matches those services to an individual's needs and preferences. A public health nurse

and/or social worker conducts an assessment to determine a person's general health, ability to take care of routine daily activities, home environment, social needs and family support. Recommendations will be made about health care options that meet identified needs, how much they will cost and ways to pay for services.

Meals-On-Wheels

Nutritionally balanced meals delivered to homebound older adults who are unable to regularly or adequately prepare their own meals. Special diets are often available.

MinnesotaHelp.info

The Minnesota Board on Aging and the Minnesota Department of Human Services developed the website, www.MinnesotaHelp.info to provide individuals, their families and caregivers personalized assistance to find and access services.



Our Alzheimer's care begins with what's been forgotten.

Each senior has a history that makes them a unique individual. At Sunrise, our approach to Alzheimer's care begins with understanding the stories and details of a senior's life.

Knowing our residents better means we can help them attain what we call "pleasant days" by finding activities they can enjoy and be successful at. We do this in specially designed surroundings that are both safe

and nurturing, where who they are is never forgotten.

Visit or call Sunrise Cottage of Mankato for more information about how we care for seniors with memory impairment.

We'd like to get to know you! Please call Kim Alinder, Executive Director, to schedule a tour and learn more about our innovative Alzheimer's Care.



Mankato Sunrise Cottage of Mankato 507-345-8787 300 Bunting Lane
Alzheimer's Care

For more information and a FREE online newsletter, visit www.sunriseSeniorLiving.com

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