

# Community Health Awareness Team (CHAT): Health E-Resources

## Advance Care Planning

Advance Care Planning (ACP) is a multistep process which helps you

1. consider and record your choices for future health care decisions, if you become incapacitated;
2. select someone(s) who will be your advocate(s) and possibly make health care decisions for you;
3. convert your future health care decisions into medical orders (an advance **health care directive**) which have legal status.

Resources to assist you in Advance Care Planning and completion of a Health Care Directive are available at the following sites. Materials are available in multiple languages.

- <http://www.allinahealth.org/Medical-Services/Chronic-and-advanced-illness/Advance-care-planning/>
- <http://www.honoringchoices.org/resources/>

### **ACP assistance is available year round from most major health care providers.**

Many offer free classes and individual assistance in completing the document(s). You do NOT have to be enrolled in some of these health plans to receive ACP instruction or assistance. If your health care system is not listed below, contact Honoring Choices MN: 612-362-3704.

[www.cityofroseville.com/ACP\\_Assist](http://www.cityofroseville.com/ACP_Assist)

### **April, 2016 Advance Care Planning events in the Roseville area**

[www.cityofroseville.com/ACP\\_Events](http://www.cityofroseville.com/ACP_Events)

POLST: Physician Orders for Life-Sustaining Treatment

The National POLST Paradigm is an approach to end-of-life planning based on conversations between patients, loved ones, and health care professionals designed to ensure that **seriously ill or frail patients** can choose the treatments they want or do not want and that their wishes are documented and honored.

POLST is not for everyone; **only patients with serious illnesses or frailty should have a POLST form.** For these patients, their current health status indicates the need for standing medical orders for emergent or future medical care.

<http://www.polst.org/>

## Alzheimer's & Dementia Information

Easily accessible, local information for individuals with memory loss and their caregivers. Is available on the **Rsvl A/D webpage**. It is hosted on the City's website. Information is updated monthly. This is a unique collaboration between Roseville Alzheimer's & Dementia Community Action Team and the City of Roseville, MN.

### *Visit the webpage to learn about:*

- Past and ongoing projects/events of the Roseville Alzheimer's and Dementia Community Action Team (Rsvl A/D); working to improve conditions for Roseville individuals with Alzheimer's disease and other forms of dementia (A/D) and their unpaid caregivers.
- Ways you can participate in local efforts
- Monthly listings of dementia-related events in the Roseville area
- Dementia education for the general public, including online resources
- Community resources for both information and assistance services
- Resources for caregivers and people with early memory loss- including coaching, support groups, activities, group respite, adult day services, research opportunities, grief support in the Roseville area and online, safety tips for people with memory loss

<http://www.cityofroseville.com/dementiainfo>

## Assistive Technology



## Blind & Vision Loss Services

### **Aging Eyes Initiative**

The **Aging Eyes Initiative** partners with community programs and organizations throughout Minnesota to help seniors adjust to vision loss by providing:

- Information about eye conditions common to seniors, such as macular degeneration or diabetic retinopathy
- Low-vision aids and devices at no charge
- Referrals for more extensive assistance at State Services for the Blind (SSB).  
[Learn more about SSB's services for seniors.](#)

<http://mn.gov/deed/job-seekers/blind-visual-impaired/partners/aging-eyes.jsp>

## Bullying Prevention



## Communication Resources

- The **Telephone Equipment Distribution Program** provides telephone equipment to people who are deaf, hard of hearing, deafblind, speech impaired or have a physical disability and need adaptive equipment in order to use the phone. DHS loans the equipment at no cost for as long as you need the equipment.  
<http://mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/programs-services/telephone-equipment.jsp>
- Telephone Discounts  
The federal Lifeline and state Telephone Assistance Plan (TAP) programs provide monthly telephone service discounts on one landline or wireless telephone per household.  
<http://mn.gov/puc/consumers/telephone-discounts.jsp>
- ECHO Services  
Multi-language programming featuring monthly health and safety information.  
<http://www.echominnesota.org/tools>

## Crisis Lines



## Dental Services (low cost and free)



## Food Access



## Gambling Addiction, assistance for



## Health Care Homes



## Health Care Providers – low cost



The Coast2Coast Rx Card Program offers savings on medications, **dental, vision and hearing services**, plus discounts on lab and imaging tests and diabetes supplies and equipment for all family members. The program also offers discounts on pet

prescriptions and veterinary services. The Rx Card is free and available to any Ramsey County resident regardless of income, age or health status.

<http://coast2coastrx.com/>

## Home Energy Assistance



## Hospice and Palliative Care

### Hospice Care

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. Support is provided to the patient's loved ones as well. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with dignity, and that our families will receive the necessary support to allow us to do so. <http://www.nhpco.org/about/hospice-care#main-content>

### Palliative Care

Palliative care is patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating suffering. Palliative care throughout the continuum of illness involves addressing physical, intellectual, emotional, social, and spiritual needs and to facilitate patient autonomy, access to information and choice.

<http://www.nhpco.org/palliative-care-4>

## Legal Resources



Southern Minnesota Regional Legal Services provides **free, high-quality legal help to low-income people in critical civil matters**. For more than 100 years, we've helped individuals and families secure and protect their basic needs, maintaining freedom from hunger, homelessness, sickness, and abuse. Because, justice matters.

<http://www.smrls.org/>

LawHelpMN\_org - Find Free Legal Help, Access Legal Aid Information, and Know Your Rights About the Law.htm Assistance is available on topics including family law; housing; consumer and debt law; elder law; work-related law; immigration law; disability law; discrimination; health care; public benefits; taxes; the legal system; abuse, violence & crime; youth law & education; veterans; farms; Native Americans; internet fraud; criminal expungement.

<http://www.lawhelpmn.org/>

## Medication Disposal



## Mental Health Services



## Prescription Drugs (low cost and free programs)



Ramsey County is partnering with a free national discount prescription savings program that could save residents money on medications and health care costs.

The Coast2Coast Rx Card Program offers savings on medications, dental, vision and hearing services, plus discounts on lab and imaging tests and diabetes supplies and equipment for all family members. The program also offers discounts on pet prescriptions and veterinary services. The Rx Card is free and available to any Ramsey County resident regardless of income, age or health status.

<http://coast2coastrx.com/>

## Protective Services



## Quit Smoking



## Substance Abuse



## Transportation



## Veterinary Services (in your home....)



### Veterinary Services (discount)

The Coast2Coast Rx Card Program offers savings on medications, dental, vision and hearing services, plus discounts on lab and imaging tests and diabetes supplies and equipment for all family members. The program also offers **discounts on pet prescriptions and veterinary services.** **The Rx Card is free and available to any Ramsey County resident regardless of income, age or health status.**

<http://coast2coastrx.com/>

Cardholder benefits include discounts on these veterinary services

- Office visits
- Surgical procedures
- X-rays
- Examinations
- Injections
- Care for your pet's teeth

<http://www.coast2coastrx.com/index.php/more-benefits/discount-veterinary-services/>