

HEALTHY AGING

Wilder Home Care Services



Choose the support you want with Wilder's Home Care Services and we'll bring personalized care to you!

Home Care Services provided by Wilder serve older adults and adults with disabilities, chronic health conditions, and/or memory loss who are living in their own homes. These services are perfect for adults who may need support in activities of daily living, personal care, or medication management in order to remain independent. And with in-home support, our Home Care Services also provide social companionship and respite time for family caregivers.

What's included in Home Care Services?

Companion Services: A variety of supports, including food prep, laundry, light housekeeping, trash removal, appointment accompaniment, and social companionship.

Personal Services: Supports offered include assistance with showering, changing clothes, basic grooming, medication administration and vital signs.

In-Home Respite: Ideal for clients transitioning from group respite. While clients are engaged in meaningful activities, including creative arts, music, games, exercise and more, caregivers are provided with a block of time away from home.

Health Services: Staff Nurse provides initial assessment, on-going health monitoring, medication oversight and coordination of care with other health care providers.

When and where can you get these services?

Wilder's Home Care Services are provided in your home.

For admission and assessment, our hours are **Monday through Friday, 9:00 a.m. to 5:00 p.m.** For services, we will coordinate with you and are flexible to your needs.

How do I start using Home Care services?

First step is to schedule an assessment by getting in touch with us: call 651-280-2273 or email us at healthyaging@wilder.org.

Turn the page for additional services.

Wilder Healthy Aging and Caregiving Services

Supporting the health and independence of adults to age and care in the community is crucial to Wilder's mission to improve lives today and for generations to come.



Home-delivered Meals: Healthy meals can be picked up or delivered within Saint Paul by friendly Wilder volunteers. Convenient, fresh and nutritious meals are made locally in partnership with Metro Meals on Wheels, with a variable menu and available in diabetic-friendly, low sodium, gluten-free, dairy-free, and other special diet options.

Caregiver Supports: Resources, education and consultation services for individuals caring for a family member, friend or neighbor and employers looking to support caregivers in the workplace. Caregiver consultants help navigate care decisions and facilitate caregiving discussions, classes and support groups.

Wilder Connect: An in-person, long term care support program for people living with memory loss, Parkinson's disease and neurodegenerative disorders. Participants engage in meaningful activities, including art, music, exercise and more in small groups at Wilder. Provides opportunity for social engagement with peers while caregivers have time to themselves.

Health & Wellness Class: Held across the Twin Cities and at Wilder Center, classes are for adults age 60 and over living with chronic conditions, such as diabetes or hypertension, or looking for better balance. Classes are evidence-based, help improve quality of life and build confidence in managing your health.

Customized Living Services: Support services available for adults who need daily assistance to live independently, offered in collaboration with Saint Paul Public Housing. Services include meals, help with cleaning and laundry, health monitoring, medication administration, and activities of daily living.



651-280-2500 | healthyaging@wilder.org | wilder.org/healthyaging