

SAPAS Current Activities & Services

CAREGIVER SUPPORT

Caregiver respite
Caregiver support chores
Bereavement support with SAP UCC

WELLNESS

Exercise class
Chair yoga
Monthly movies
Arts & crafts
Game days
Social outings & events
Educational & cultural activities
Nutrition group
Guest speakers

NURSING CARE

Health assessments
Foot care at a Fee
Care coordination
Blood pressure checks
Home health aides/personal care *
Medication management*
Long-term illness management*
Physical, occupational & speech therapy *
Post-hospital in-home care*
Skilled nursing care *
Social work services *

****Services provided by Recover Health***

AT HOME LIVING ASSISTANCE

Access assistance/advocacy
Family consultations
Service care coordination

Home safety assessments & repairs
Lifeline installation
Household repair
Leaf raking
Snow Shoveling
Recycling

Dog walking
Pet wellness checks with U of MN students

Grocery delivery
Meals-delivered through MOW
Shopping trips

Paperwork assistance (forms, filing, bills)
Computer assistance
Skype installation

Transportation to social outings
Transportation for health-related appointments
Transportation to SAPAS activities

Visiting
Walking 1:1 w/clients