

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
Writing classes
Guest speakers

NURSING CARE

Health assessments
Foot care (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
Handy Services (Fee)
Service care coordination
Hello Service (Check-in calls/visits) (Fee)
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
Visiting
Paperwork assistance (forms, filing, bills)
Computer assistance
Skype installation
Walking 1:1 w/clients
Transportation to social outings
Transportation for health-related appointments
Transportation to SAPAS activities
Family consultations