

Services for Older Adults & People with Disabilities

Updated 2022

Maintaining Independent Living Options

Many **older adults and people with disabilities face barriers to be able to safely live independently**. These individuals are also more likely to face the **stress of social isolation** and lower incomes. **Community Action Agencies (CAAs) provide the physical, emotional, and wraparound services** needed to help these individuals maintain their independence. These services are mainly funded by the U.S. Dept. of Health and Human Services, MN Board on Aging, and the MN Dept. of Human Services.



Housing support – Some CAAs provide **home modifications** like grab bars, keyless locks, and ramps as well as housekeeping and lawn/snow-removal services to improve independence and safety. Some CAAs provide housing stability **for people with disabilities by helping them secure and maintain housing** and provide wraparound supportive and case management services.



Nutrition – Some CAAs provide **congregate dining options** for residents of low-income senior housing communities or through senior centers, while other CAA's provide **delivered meal options** for homebound older adults and people with disabilities through Meals on Wheels or other programs. In both instances, these programs focus on offering affordable and **nutritious food** while also providing emotional support for recipients.



Transportation – CAAs work to ensure these populations have access to services in their communities by providing transportation options. Some CAAs run **public transportation that can accommodate older adults and people with physical disabilities**. Some CAAs also provide **volunteer driver services** that pair people with drivers for doctors' appointments and pharmacy visits, nutritional needs, and personal care, and some CAAs offer minivans for volunteer drivers that are **wheelchair accessible**.



Emotional support – All the CAA programs that assist older adults and people with disabilities also **help mitigate social isolation**. In addition, some CAAs run programs specifically targeted toward social connection like **volunteer and mentorship programs**.

About Community Action

The Economic Opportunity Act of 1964 created the Community Action Network of national and local organizations that connect millions of people, with low and moderate incomes, to essential services. The network works to build community resiliency and self-sufficiency, including removing systemic and structural barriers to move people out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties, providing poverty solutions with equitable access to various services: homeless prevention and housing assistance, utility bill assistance, healthcare enrollment, food and nutrition services, Head Start early childhood programming, financial asset building, regional transit, and more.

- Over **91,500 older adults** received services
- Over **65,500 people with disabilities** received services
- Over **350,000 meals delivered**
- Over **475,000 congregate meals** served

Source: 2019 MinnCAP Annual Report

24 Local Agencies & 11 Tribal Governments

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MinnCAP Leadership

MinnCAP Executive Director

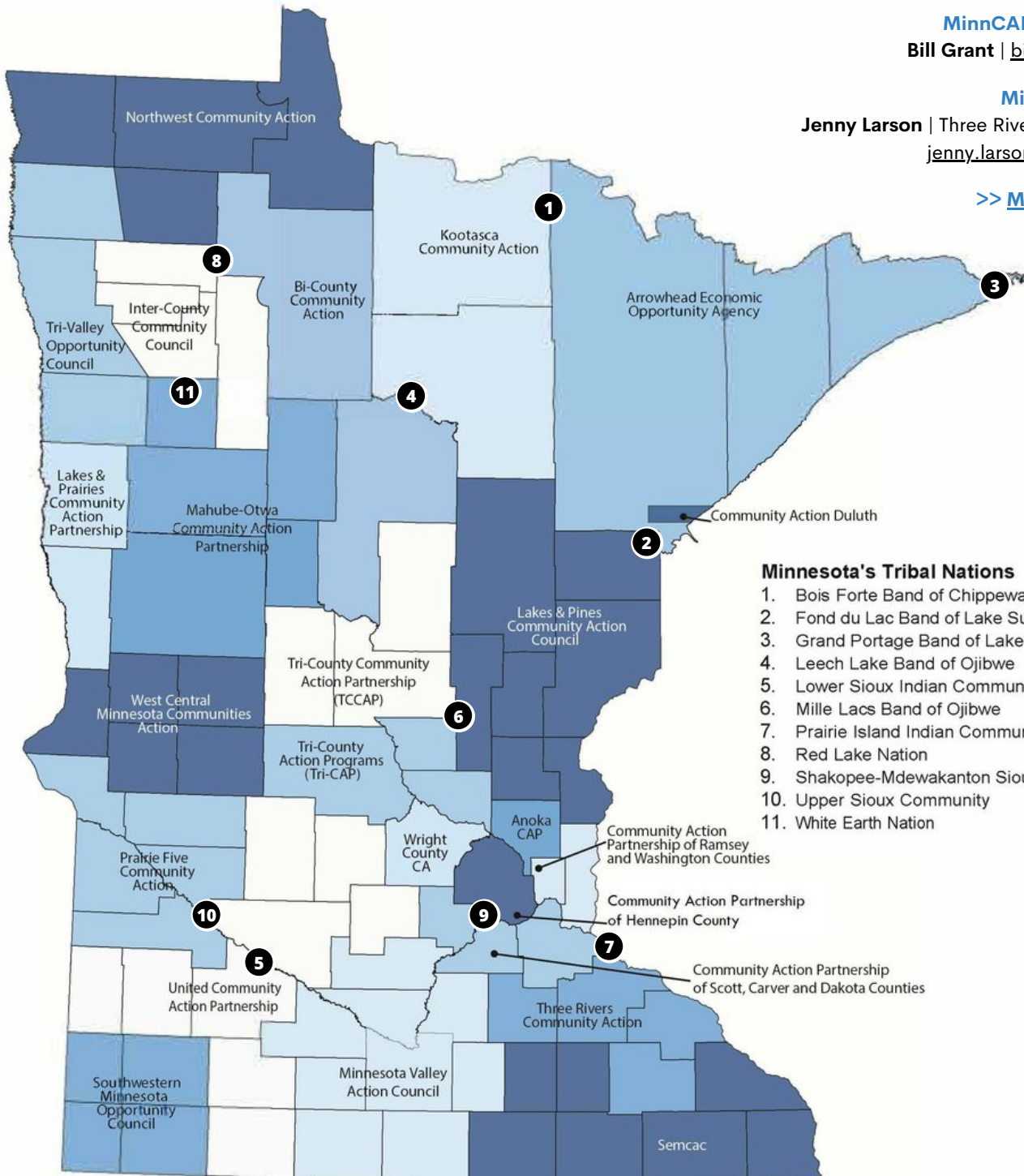
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Minnesota's Tribal Nations

1. Bois Forte Band of Chippewa
2. Fond du Lac Band of Lake Superior
3. Grand Portage Band of Lake Superior
4. Leech Lake Band of Ojibwe
5. Lower Sioux Indian Community
6. Mille Lacs Band of Ojibwe
7. Prairie Island Indian Community
8. Red Lake Nation
9. Shakopee-Mdewakanton Sioux Community
10. Upper Sioux Community
11. White Earth Nation

Minnesota Community Action Association Resources Foundation (MCAARF) is the 501c(3) nonprofit that secures funding to support MinnCAP's mission.