Provider Assessment Tool/ Resource Guide for Helping **Independent Seniors** in Their Homes

Focusing on Tobacco Use, Physical Activity & Nutrition

Updated 2011

MINNESOTA'S VISION
A Better State of Health

Statewide Health Improvement Program | SHIP

Public Health

Benton County Human Services
PO BOX 740, Foley MN 56329
320-968-5087
www.co.benton.mn.us

Contact Information

Angel Food Ministries.....320-252-3670 (ext. 118)
Catholic Charities of St. Cloud 320-229-4560
.....or 800-830-8354 (Ext. 4560)
Fare for All (food shelf).....800-582-4291
Foley Area CARE.....320-968-7848
Foley CROSS Center.....320-968-7012
Good Shepherd.. 320-252-6525 or 320-258-8673
Matter of Balance 320-253-9349
Meals on Wheels
Foley.....320-968-6721
Rice 320-393-2570
NAPS (Nutrition Assistance
Program for Seniors).....800-365-0270
Quitplan 888-354-7526
Rice Food Shelf.....320-393-2915
.....or 320-393-4441
RSVP (Retired & Senior
Volunteer Program).....320-255-7295
Salvation Army Food Shelf.....320-252-4552
Senior Dining
Foley.....320-968-6721
Sartell 320-257-0744
Rice 320-393-2124
Senior LinkAge® 800-333-2433
SNAP (Supplemental Nutrition
Assistance Program).....800-657-3698
St. Cloud Area Faith In Action.....320-258-8673
St. Cloud Metro Transit 320-251-7433
Tri-Cap 320-251-1612
.....or 800-543-7709 or 888-765-5597
United Way of Central MN 800-543-7709
U of M Extension (Benton Co) 320-968-5077
Whitney Senior Center 320-255-7245

Physical Activity

How to Use this Guide

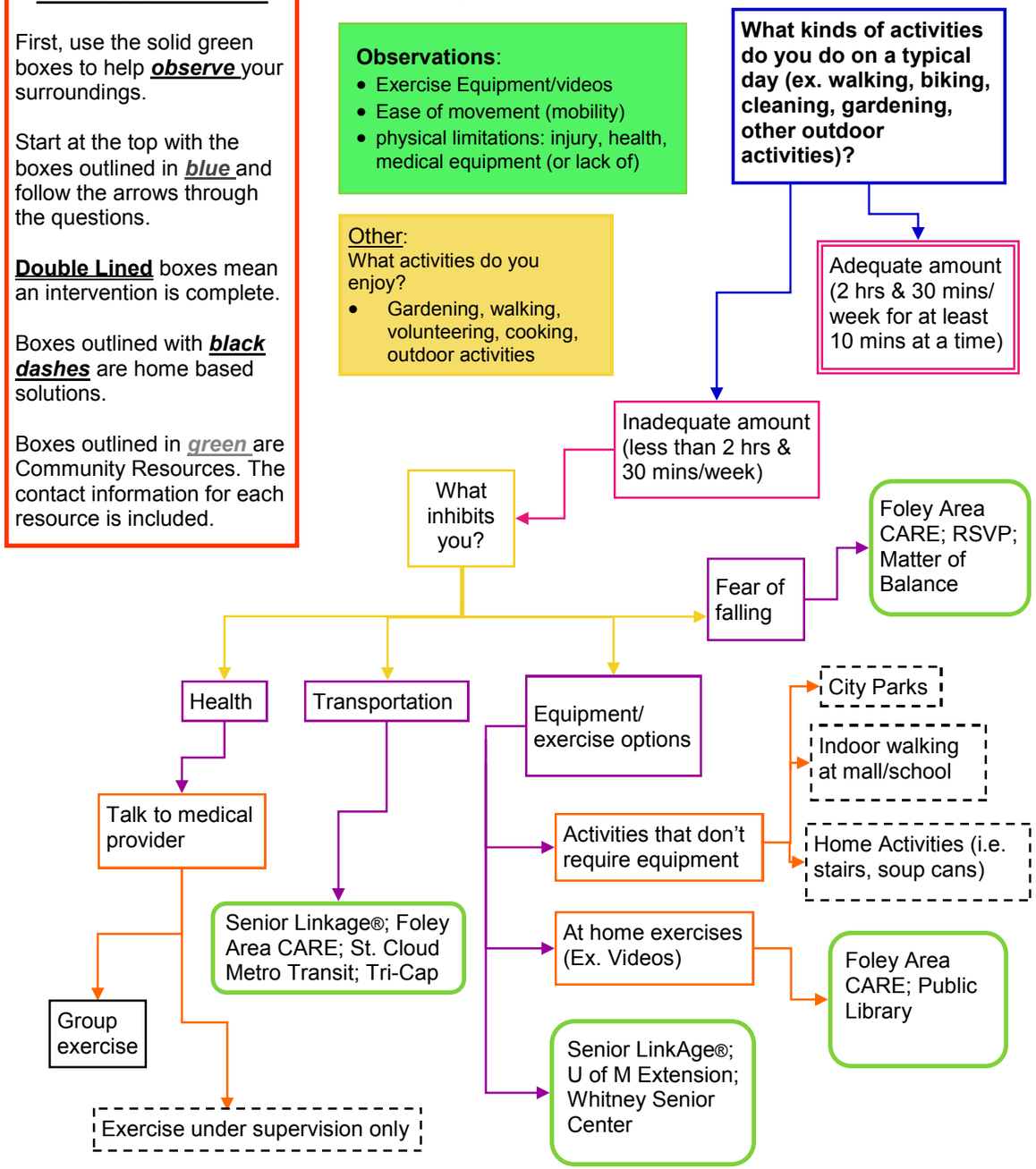
First, use the solid green boxes to help ***observe*** your surroundings.

Start at the top with the boxes outlined in ***blue*** and follow the arrows through the questions.

Double Lined boxes mean an intervention is complete.

Boxes outlined with ***black dashes*** are home based solutions.

Boxes outlined in *green* are Community Resources. The contact information for each resource is included.



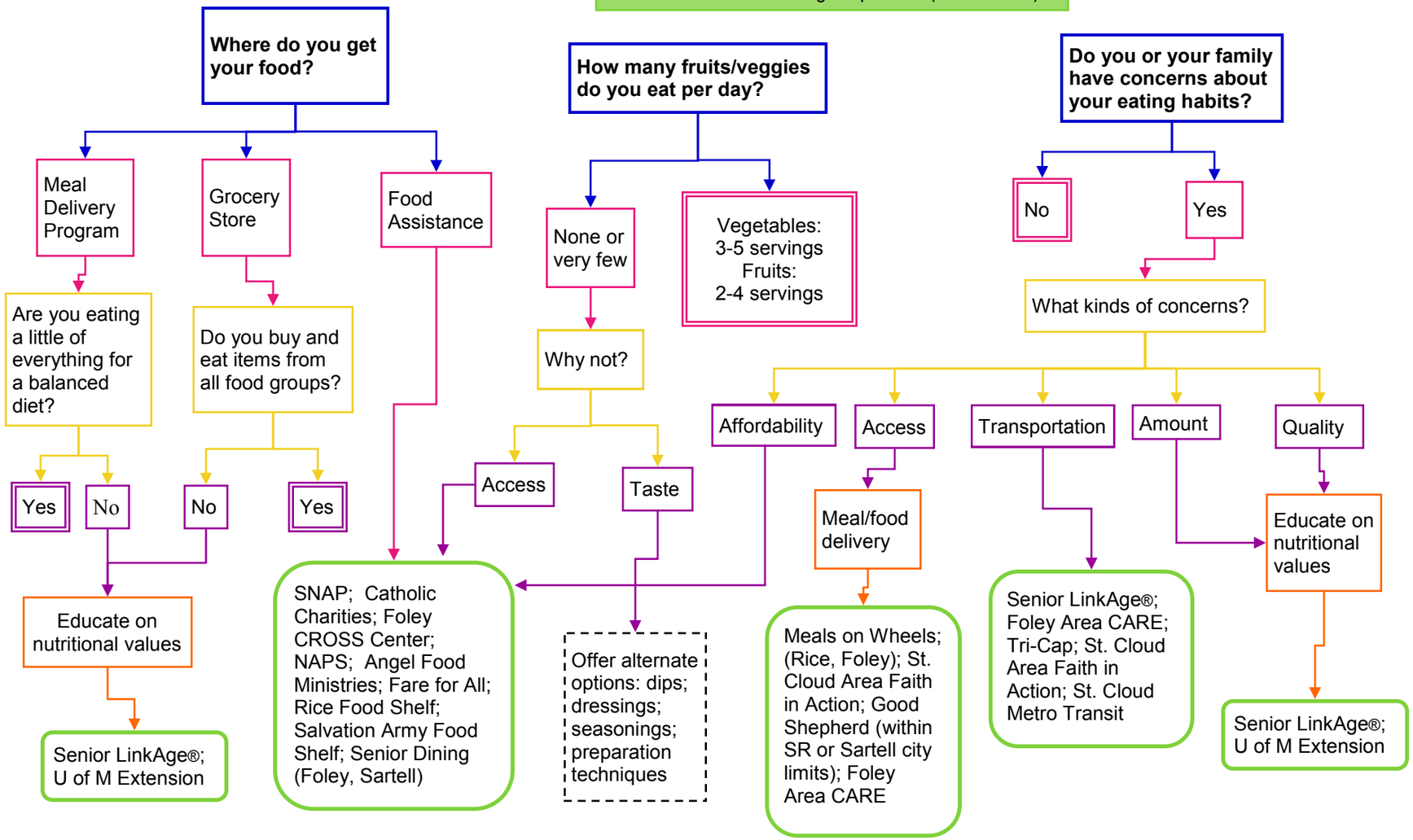
Observe your surroundings. → **Ask questions.** → Follow → through → chart → to end result.

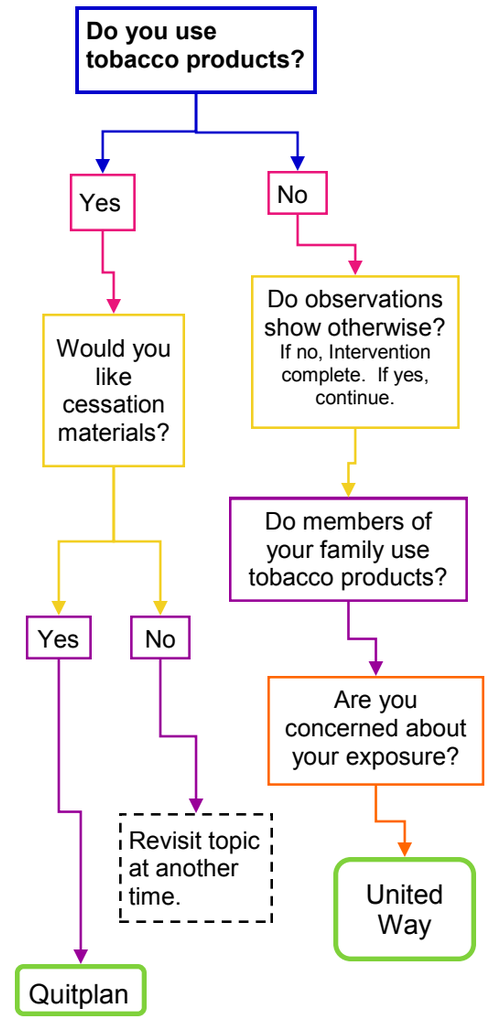
Double lined boxes: intervention is complete. **Black dashes**: home based solutions.
Green boxes are Community Resources (contact information for each resource is on opposite page).

Nutrition

Observations:

- Do they offer you a snack? Is it healthy?
- Do you see food wrappers, take out containers?
- Do you see fruit/vegetables on counter?
- Is there food in the fridge/cupboards (if accessible)?



Tobacco

Observations: Cigarette butts, ashtrays, smell, paraphernalia, products.