



306 W. Superior Street, Suite 10 Duluth, MN 55802 (218)-623-7800 [www.agewellarrowhead.org](http://www.agewellarrowhead.org)

Service	Description	Cost
<b>Care Consultation</b>	Care consultation is a person-centered service that provides information, guidance, and coordination of resources to support healthy aging and increase independence and quality of life. Navigating the aging services spectrum can be very challenging. Our experienced care consultants work one-on-one with clients to customize actions plans and connect them with services that support their goal of remaining active and independent.	\$50.00/hour
<b>REACH</b>	REACH is an evidence based caregiver consultation service focused on those who care for someone with Alzheimer’s disease or a related dementia. REACH helps caregivers manage behavioral concerns, reduce caregiver burden and improve or sustain caregiver physical and emotional health.	\$50.00/hour
<b>Caregiver Counseling/Family Counseling</b>	Caregiver Counseling provides support and assistance to caregivers that need to make decisions and problem solve issues related to caregiving. This includes individual or family counseling, support groups, and caregiver training and education.	\$50.00/hour
<b>Chore</b>	Assistance in the home such as heavy housework including washing floors, windows and walls, basic home maintenance, or removal of large household furnishings, yard work or sidewalk maintenance including shoveling.	\$20.00/hour
<b>Companion</b>	Emotional support and companionship for seniors who are generally healthy and who want to remain independent at home. Includes regularly scheduled visits to sit, chat, play a game, or reminisce.	\$20.00/hour
<b>Errands</b>	Transportation service for adults age 60 and over to various nonmedical appointments or to pick up prescriptions or other nonfood items.	\$20.00/hour
<b>Groceries-to-Go</b>	A grocery shopping and delivery service for adults age 60 and older. Clients phone in their order and we shop for them and deliver to their door and assist them with putting the groceries away if necessary. This service includes a wellness check. Meal planning and preparation are available for an additional fee.	\$10.00
<b>Homemaker</b>	Assistance with light house work such as vacuuming, doing dishes, laundry, meal preparation, bill paying and making telephone calls.	\$20.00/hour
<b>Senior Wheels</b>	Affordable transportation to and from medical appointments for adults 60 years of age and older.	\$20.00
<b>Dementia Training</b>	A customized dementia training for organizations and communities including information about dementia and dementia related diseases such as Alzheimer’s, and how to communicate with someone who has dementia, how to communicate in a retail setting, how to create a dementia friendly physical space, and help to become a dementia friendly workplace. We work with organizations and communities to identify and implement changes that promote a dementia friendly workplace. Training is conducted on site for your convenience.	\$150/ 1-10 employees \$200/11-20 employees \$250/21 + employees