

# Active Aging Services (AAS) at Olmsted Medical Center

The time is now to provide patient-centered, integrated, holistic care and resources to the fastest growing portion of our patient population. Members of Olmsted Medical Center's Active Aging Services team will provide personal guidance through OMC's healthcare and mental health care system as well as make timely referrals to community partners.



## Active Aging Services provides services to:

- patients age 55 or better
- family members
- OMC staff
- community partners
- interested parties
- palliative care

## AAS Services Include:

- visual skills training/low vision adaptation
- transitions of care
- legacy development
- medical cannabis
- hearing screenings
- nursing home services
  - o medical directorship
  - o mental health care
- memory support
- fall prevention

## Evidence based programs:

- Tai Ji Quan
- living with chronic illness
- caregiver education and support
- PEARLS (Program to Encourage Active, Rewarding Lives in your home)

## Active Aging Services ensures:

- navigation through OMC's Primary and Specialty Care Services for healthcare and mental health care
- referrals to community agencies for resources including housing, financial assistance, physical well-being, and social connections
- information and education
- follow-up phone calls
- ongoing updates shared with your primary care provider.
- appointments in person, over the phone, or through telehealth video.

Experienced care staff will respond to emails, phone calls, and provider referrals Monday through Friday from 7:30 AM – 5:00 PM.

For more information, call AAS at **507.287.2794** or email the team at **AAS@olmmed.org**.



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