

ACTIVE. ◆ HEALTHY. INDEPENDENT.

with Neighbor to
Neighbor Companions



 Lutheran Social Service
of Minnesota
for changing lives

Customized, flexible companion services ensure:

- Reliable transportation to medical appointments, grocery shopping and errands
- Assistance with correspondence, such as paying bills
- Help with simple household tasks
- An ongoing resource, advocate, and friend who can help you stay independent and healthy

Lutheran Social Service of Minnesota is a respected provider of services for older adults. We are one of the state's largest nonprofit social service organizations with 2,300 staff serving nearly 100,000 people of all ages.

LSS Older Adults Services
1605 Eustis Street, Suite 406
Saint Paul, MN
lssmn.org
877.540.9443



Neighbor to Neighbor Companions is a bridge to a fuller, more active life for older adults who want to live at home, stay healthy, and remain as independent as possible.

Our dedicated companions offer assistance with daily activities and appointments, a link to the community, and an opportunity for meaningful friendship. This innovative new service is now available in both metro and rural areas across the state.

Support Designed With You

We partner with you, your family, and your health care provider(s) to design a plan that fits your schedule. A trained local companion will then begin weekly visits tailored to support your specific needs — both at home and by providing you with transportation to community activities. You can depend on quality care from our companions who undergo comprehensive background and driving checks, and our experienced staff are always available to address questions along the way.

Details & Rates

Neighbor to Neighbor Companions is an affordable service that is scheduled for a set number of hours each week. During our visits, we provide support in your own home as well as transportation to activities in your community for a fixed rate. Our service includes 30 miles of travel per week, and you may choose to purchase additional mileage.

Get Started Today!

To begin receiving this service or learn more about how it can work for you, call **877.540.9443** or email **neighbortoneighbor@lssmn.org**.

A request for services may be placed by you or your family member. We look forward to partnering with you!