

Community Resources

In addition to the [Upper Midwest Agricultural Safety & Health Center \(UMASH\)](#), the following resources are available to support the health, safety, and wellbeing of farmers & farm communities.

Click to find resources on: [Succession, Transition, & Financial Planning](#), [Caregiving](#), [Aging in Place & Adaptive Design](#), [Physical Health](#), [Stress & Mental Health](#), [Farm Safety](#), and [more](#).

Succession, Transition, & Financial Planning

- [National Institute on Aging: Advance Care Planning](#): guidance for getting your affairs in order
- [Land Stewardship Project](#), especially their [Farm Transition Tools](#): tools for people planning a farm transition
- [Renewing the Countryside](#), especially their [Farm Transitions](#) page: resources, including guides and discussion groups, for people planning a farm transition
- [Practical Farmers of Iowa: "Don't Have a Farming Heir?"](#): strategies for transitioning the farm without an heir
- [University of Minnesota Extension: Farm Transition and Estate Planning](#): Create Your Farm Legacy: workshops and retreats to assist farm families in transition
- [North Dakota State University Extension: Succession Planning](#): workshops for designing a succession plan for farm and ranch families
- [North Dakota State University Extension: Life Planning](#)
- [University of Wisconsin-Madison Extension: Farm Succession](#): resources for assisting farm families in transition
- [Iowa State University Extension Whole Farm Transition and Estate Planning](#): to assist farm families in transition

Caregiving

- [Rural Caregivers Website](#): creating web support community for rural caregivers
- [North Dakota State University Extension: Caregiving](#)
- [Wisconsin Governor's Task Force on Caregiving](#)
- [Wisconsin Family Caregiver Support Program](#): resources for caregivers in Wisconsin

Aging in Place & Adaptive Design

- [North Dakota State University Extension: Aging in Place](#)
- [North Dakota State University Extension: Housing Across the Lifespan Stakeholder Report](#): report summarizing the results of the Dakotas Housing Study, exploring variables relating to aging in place
- [North Dakota State University Extension: Resources for Home Modification](#): resources for North and South Dakota for home modifications and design
- [USDA Rural Development: Single Family Housing Repair Loans and Grants](#): provides loans to very- low-income homeowners to repair, improve, or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards
- [American Occupational Therapy Association](#): national professional organization for occupational therapists
- [University of Minnesota](#), [St. Catherine University](#), & [University of Wisconsin-La Crosse](#) Occupational Therapy Programs: place students into rural communities for occupational therapy support

Physical Health

- [AgriSafe Yoga](#): beginning yoga postures on the farm
- [Community Health Service Inc.](#): primary care clinics, including chronic disease management in rural Minnesota and North Dakota
- [Juniper](#): helping communities across Minnesota create a culture of health, where prevention and wellness are the norm
 - [Falls Prevention](#): evidence-based classes that have been proven to help older adults reduce their risk of falling

- [Diabetes Prevention and Self-Management](#): evidence-based classes for those living with diabetes
- [Chronic Pain and Disease Management](#): evidence-based classes to improve functional abilities and deal more effectively with symptoms
- [North Dakota Community Clinical Collaborative](#): evidence-based health management programs to prompt health and prevent disease among adults
 - [Powerful Tools for Caregivers](#): evidence-based, self-care education program for family caregivers of adults with chronic conditions and parents of children with special needs
 - [Stepping On](#): falls prevention program for older adults
 - [Diabetes Prevention Program](#): program to help people with type 2 diabetes learn how to live well
 - [Better Choices, Better Health](#): diabetes self-management education and support program
- [American Physical Therapy Association](#): national professional organization for physical therapists

Stress & Mental Health

- [Cultivating Resilience in Rural Communities](#): toolkit to support conversations on stress and mental health in agricultural communities
- [University of Minnesota Extension: Coping with rural stress](#): resources to help families and small towns respond to current economic, environmental and societal challenges in rural Minnesota
- [North Dakota State University Extension: Farm and Ranch Stress](#): tools and programs to help farmers and ranchers cope with stress
- [North Dakota State University Extension: Health and Wellbeing](#)
- [University of Wisconsin-Madison Extension: Resilient Farms, Families, Businesses & Communities: Responding to Stress](#): resources to help farmers, families, businesses, and communities remain resilient

Farm Safety

- [National ROPS Rebate Program](#): voluntary program that provides rebates for approximately 70% of the cost of purchasing and installing a ROPS (Rollover Protective Structure; rollbar) kit
- [CarFit](#): helping mature drivers find their safest fit
- [Green Heron Tools](#): garden and farm tools adapted specifically for women
- [North Dakota State University Extension: Farm Safety](#): farm safety resources

Other Resources and Support Services

- [AgriSafe](#): builds the competency of health and safety professionals to deliver occupational agricultural health care
- [AgrAbility](#): provides education, networking, and direct services for farmers, ranchers, and other agricultural workers with disabilities
- [Minnesota Association of Area Agencies](#): coalition that provides support services for older adults in Minnesota and the organizations that serve them
- [Community of Care](#): programs and services focused on enhancing quality of life of life for older adults in rural Cass County, North Dakota
- [Aging and Disability Resource Centers](#): across the nation provide support for making informed decisions about long-term services for older adults, people with disabilities, and family members
- [Rural Health Information Hub](#): current and reliable resources and tools to help you learn about rural health needs and work to address them
 - [Aging in Place in Rural Communities](#): toolkit specific to aging in place
- [University of Wisconsin-Madison Badger Talks](#): Medical Sciences, Nutrition and Wellness

Participants in UMASH's Virtual Community Forums: Aging on the Farm (June 2020) identified these resources to support the health, safety, and wellbeing of farmers & farm communities in the Upper Midwest. This is not an exhaustive list of resources.