

About Us

FST (Floodwood Services and Training) is a not for profit 501(c) (3) corporation that provides quality and caring services to meet the needs of disabled, older persons, and their caregivers. Created from a small seed planted in a church basement over 37 years ago, FST has built a reputation of competence and trust, growing into one of the largest state licensed programs. We are Medicare and Medicaid certified and able to bill most insurances including the Veteran's Administration.



FST-ADS receives funding from the following sources: MN DHS-Live Well At Home, MN Community Foundation, Lake Country Power, United Way NE MN, Age to Age and Rural Aging Initiative—Northland Foundation and private donations. Project is made possible in part under the Federal Older Americans Act through a grant from the Area Agency on Aging and through the MN Board on Aging.



FST-Adult Day Service

601 Ash St., PO Box 347, Floodwood, MN 55736

PLACE
STAMP
HERE

"The services, facilities and benefits of this program/ service/project are for the use of all older persons and/ or their caregivers regardless of race, color, creed, religion, national origin, sex, disability, use of public assistance or sexual orientation."

USDA is an equal opportunity provider, employer and lender."

Adult Day Service



Come for the Day....



Support for Caregivers

Our specially trained Live Well at Home Caregiver Consultant, provide support and encouragement to caregivers.

- Private confidential consultations
- Regular phone consultations
- At-home visits
- Education seminars
- Socialization/appreciation events

"Stacy eased the stress I was having caring for my spouse. She was so helpful and comforting."



When you or someone you care about starts to have difficulty managing daily tasks at home and needs extra support and care, it can feel daunting and you might not know what help is available or how to arrange it.

Your Choices

Participants and their loved ones help design the program that best fits their interests, needs and abilities. FST-Adult Day Service is your home away from home. Compassionate, trained staff ensure safety while creating a comfortable place to relax, socialize, and rest.

Services Include:

- Door to door transportation including wheelchair transport
- Nutritious in-house meals and snacks
- Personal hygiene assistance
- Recreational and craft activities
- Monthly health monitoring (well care) blood pressure, weight
- Frequent trips
- Quiet time for reading, watching a movie
- Board games
- Help with medical needs
- Companionship
- Opportunities to volunteer

FST-Adult Day Service is here to help.

There are a variety of ways to pay for services. Staff will work with you to determine the best option. Scholarships are available to try the program. We respect your confidentiality.

Program Director



Stacy Stevens sstevens@fst2b.org

Contact Us

FST-Adult Day Services
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Visit us on the web: www.fst2b.org