Services to Help You Care Well.

Respite services offer you time away from providing care to get some rest or simply have a break. Respite care is flexible. It can be provided by a neighbor or volunteer coming to your home, or out-of-home services that last a few hours to a few weeks. A new consumer-directed option allows you to pay a family member or friend to provide respite care.

Caregiver education and training is provided by a variety of organizations to give you the information and skills needed to care well. Topics may focus on providing hands-on care, stress reduction, legal and financial issues, conducting a family meeting, communicating with health professionals, and managing challenging behaviors.

Support groups help caregivers learn to manage stress, share coping tips, gain emotional support and find community resources.

Caregiver coach/consultant services offer expert advice and guidance to help you develop an individualized action plan so you can live your own life while caring for another person.

Supplemental services may include home safety management, home modifications, assistive technology and emergency response systems.

Call the Senior LinkAge Line® at: 1-800-333-2433.

Resources on the Web

Family Caregiver Alliance
www.caregiver.org

National Family Caregivers Association
www.nfcacares.org

Caregiver Minnesota
www.caregivermn.org

Minnesota Board on Aging
www.mnaging.org

Minnesota Department of Human Services
www.dhs.state.mn.us

Administration on Aging
www.aoa.gov

This information is available in other forms to people with disabilities by contacting us at 651-431-2500 or 1-800-882-6262 or through the Minnesota Relay Service at 711 or 1-800-627-3529 (TDD), 1-877-627-3848 (speech-to-speech relay service).

Funding for the National Family Caregiver Support Program is provided by a grant from the Administration on Aging through the Minnesota Board on Aging.
If you help a spouse, family member or friend with meals, bills, personal care, medical appointments or medications, you are not alone.

You are one of thousands of Minnesotans who is a family caregiver. Providing help is rewarding but can also be emotionally and physically exhausting.

Caregiving often begins with simple, everyday tasks such as cleaning or shopping for a family member or friend. As that person becomes more frail, caregiving can become more intense and time-consuming.

Caring for yourself is one of the most important things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit too.

Resources are available to help you care well.

Senior LinkAge Line® is a free phone service that connects caregivers and the people they care for to resources including health insurance counseling, respite care, caregiver education and training, support groups, personal and in-home services, home health care, transportation, meals, cleaning and yard work services, home modification and adult day services. Call the Senior LinkAge Line® at 1-800-333-2433.

MinnesotAHelp.info™ connects people of all ages to help in Minnesota. This online service contains information on personal and in-home care services, home health care, transportation, meals, home modification services and adult day services. It also provides the Consumer Decision Tool for older adults, families and caregivers to help identify individual needs, locate services and develop a personalized plan. Visit www.MinnesotaHelp.info™

A Long-Term Care Consultant will talk with you and help you decide what services you need and what services are available in your community. This visit is free. Call your local county human service agency and ask about Long-Term Care Consultation.