

Caregiver Support Services

612-770-7005



Caregiver Consultation

Addresses caregiver concerns about the care receiver: identifying needs, developing person-centered approaches, problem solving, decision making, and referral to services.

Caregiver Coaching

Equips caregivers with the knowledge, skills, and tools to perform their caregiver role while achieving a balanced lifestyle. Coaching can take place in person or by telephone or email.

Caregiver Education and Support Groups

Offers open groups that caregivers can join at any time. Sessions focus on helping caregivers as they care for themselves and their loved ones—a safe place to share experiences, struggles, humor, coping strategies and learning from one another.

Family Meeting Facilitation

Helps families understand their current situation and plan for the future with realistic expectations, promoting communication and decreasing misunderstandings.

Access Assistance

Provides information on available services and resources within the community, including eligibility for low- or no-cost programs.

www.CareNextion.org

Builds caregiver capacity through a free web-based tool that enables the caregiver to set up an online care team to efficiently share caregiving tasks and information.



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