

Are You a Caregiver?



You might not consider yourself a caregiver, but if you help a loved one with any of these tasks, you are a caregiver.

Caregiver Facts

- Most caregivers often don't identify with that role or seek help.
- Friends and family members provide 92% of all care received by MN elders.
- Almost 6 in 10 caregivers either work or have worked while providing care.
- 62% of working caregivers have made adjustments to their work life.
- Two-thirds of caregivers say they need help with at least one activity or issue.
- Nearly 1 in 4 workers age 46 to 64 are caregivers for a family member.
- 4 in 10 caregivers are men.

Our Vision

The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

To find additional programs that help enhance the lives of seniors, or to get involved through volunteerism, visit:

www.seniorcommunity.org



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CareNextion is a program of Senior Community Services.

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Powering Your Senior's Care Team Online



Why Use CareNextion?

- To keep other caregivers updated and reduce time spent calling everyone with updates
- To include family and friends near and far through a computer or mobile device
- To have access to immediate, accurate, and timely information about your loved one
- To have a roster of caregivers for emergency contacts
- To reduce caregiver stress by sharing responsibilities as part of a team
- To have a simple, convenient way to let others know what help is needed
- To stay organized through a shared calendar and journal
- To find organizations that provide services outside the care team
- To benefit from access to an experienced social worker

CareNextion is a valuable resource helping our community reimagine aging.



CareNextion is a web-based tool that helps caregivers organize, communicate, and find assistance for their loved ones.

Visit CareNextion.org, or call (612) 770-7005 for a free phone consultation



“Caring for a loved one works better when there’s a supportive community of friends, family, and professionals working together.”

“Keeping everyone updated on Dad’s situation and trying to coordinate transportation for his doctors’ appointments, meals, and visitors was more challenging than the tasks themselves. CareNextion has made the coordination and communication so much easier.”

How to Get Started

1. Visit CareNextion.org and click “Create My Team Now.” Enter your name, email address, phone number and create a password.
2. Add team members to your confidential care team. Include family members, friends, and medical professionals anywhere in the world. You’ll need each person’s name and email address.
3. Tell team members to watch for an email invitation from CareNextion.org. When team members accept their invitation, they will be prompted to create their own user name and password.
4. Start using the site to share caregiving tasks; create a care calendar and enter notes in the care journal; and share updates with your care team.

visit

CareNextion.org