



Meet Lee Ann Eiden, MSW Social Worker

I have been a social worker for nearly 20 years and prior to coming to SCS, worked with a variety of populations including people experiencing homelessness, people with mental health challenges, and residents in independent senior housing and nursing homes.

Regardless of the difficulties an individual is experiencing, family caregivers are truly the unsung heroes in our society. Too often caregivers' experiences and earned knowledge are overlooked or unrecognized. Helping caregivers feel **empowered** in their role is something I strive to do daily.

Currently, I provide *Senior Outreach & Caregiver Services* in **Eden Prairie**, for older adults still living in their homes and family caregivers. I facilitate monthly caregiver support groups in **Chanhassen** and **Eden Prairie** and serve family caregivers throughout **Carver County**.

**SOCIAL WORK
BREAKS BARRIERS**

I'm also honored to partner with the Minnetonka Senior Center and volunteer activity coordinators to host **Memory Cafés** in **Minnetonka**. A Memory Café is a welcoming place for people with cognitive impairment (and their caregivers), where they can socialize and share experiences through purposeful activities.

Caregivers may participate in the activity with their loved one, or attend the caregiver support group held during the activity. A second Memory Café was recently added to serve the needs of those in the beginning stages of dementia as well as those with more advanced impairment.



Pro tip for caregivers:

Self-care on the caregiving journey is essential. I encourage caregivers to prioritize a monthly respite of some sort. **Reimagine respite and make it a priority.** It doesn't have to be an extended vacation; it can be as simple as going for a walk and enjoying every moment of it, curling up with a good book, or having dinner out with friends.