



Meet Lisa Engdahl, LSW Social Worker

I've been a social worker for more than 30 years and have experience in long term care, hospital (medical) social work and community services. I cannot imagine doing anything else!

Social work breaks barriers by **empowering others**. Navigating the multitude of systems and services can feel overwhelming and be confusing. One of the most common things I hear is, "I don't even know where to begin".

It is a privilege to have the opportunity to help **identify the unique needs** of an individual or family and chart a course to address those needs.

**SOCIAL WORK
BREAKS BARRIERS**

Whether sharing a few simple resources or providing ongoing consultation and coaching, my goal is for clients to feel heard and supported throughout the process.

I serve clients in the **Bloomington/Richfield** area and communities in **Scott County**, by:

- Assessing needs
- Providing resources
- Facilitating family meetings and
- Offering caregiver consultation and coaching
- Leading two support groups

The **general caregiver support group** meets at the Bloomington Creekside Community Center the 2nd Thursday of each month from 1 pm to 2:30 pm.

The **Prior Lake Memory Café** provides a unique opportunity for caregivers and care receivers to meet and interact with others also facing the challenges a dementia diagnosis may create. The Memory Café meets at Club Prior the last Tuesday of each month from 3 pm to 4:30 pm.



Pro tip for caregivers:

Be proactive. So many times, individuals find themselves in emergency situations requiring a quick decision about a facility, service or provider. I encourage people to learn about resources ahead of time. Explore adult day programs, home care or hospice services. Tour assisted living facilities and perhaps get on a waiting list. Feeling equipped provides peace of mind. There is power in knowledge.

Celebrating National Social Work Month 2023