

Caregiver Services

By empowering caregivers with knowledge and tools to assess and prioritize their own wellbeing, they are better able to care for their loved one and manage changing circumstances.

Services are provided by professional social workers and available to those caring for an older adult or someone with a cognitive diagnosis; the caregiver or care receiver must reside in our service area which includes Carver, Hennepin, Scott, Sherburne, and Wright Counties.

Some services have out-of-pocket costs associated with them, but no one is denied service based on ability to pay.



Caregiver Coaching

equips caregivers with knowledge, skills, and tools to perform their caregiver role while achieving a balanced lifestyle.



Caregiver Consultation

addresses caregiver's concerns about the care receiver:

- identifying needs
- developing person-centered approaches
- problem solving
- referral to services and other resources
- decision making

Coaching and consultation services can be provided in person or by Zoom, telephone or email.



Family Meeting Facilitation

helps families understand their current situation and plan for the future with realistic expectations, positive communication, and fewer misunderstandings.



Support Groups

are designed to help caregivers care for themselves through education and empowerment. They offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor.



Scan the QR code, visit seniorcommunity.org/caregiver-support, or call 612-770-7005 to learn more.



CareNextion.org is an award-winning, free, secure online tool (and mobile app) that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources. Register and create your care team today.