

Feel overwhelmed with ***caregiving responsibilities?***

Are you ***a new caregiver*** wanting to learn how to maintain your health and wellbeing while caregiving?

Are you a ***seasoned caregiver*** going through a change in your loved one's health?



We offer one-on-one coaching to help you take control of your caregiving journey and maintain your wellness.

## **Caregiver Services may be **FREE** if your loved one is enrolled in a Medical Assistance program:**

Elderly Waiver through your county, **OR**  
MSHO (MN Senior Health Options) which includes Blue Cross  
Blue Shield, Medica, and HealthPartners

**Leave a message on our intake line to get started!  
A Licensed Social Worker will return your call:  
**612-770-7005****



**Senior Community Services** is a non-profit organization with a mission to empower people as they age. Learn more at [seniorcommunity.org](https://seniorcommunity.org).

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