



## Family Caregiver Services



Senior Community Services is an approved provider of **caregiver counseling** as defined by the Elderly Waiver (EW) Plan administered by the Minnesota Department of Health.

Our team of experienced, licensed Social Workers are **certified caregiver consultants** skilled in supporting family caregivers of older adults.

Services are **available statewide** (in-person and via Zoom) and there is **no cost** to your client or their family for this service which is covered by:

- Elderly Waiver (codes S5115 TF, S5115 TF U4)
- Minnesota Senior Health Options (MSHO) plans offered by Blue Cross and Blue Shield of Minnesota, HealthPartners, Medica, and UCare

If your client is at the top of their allocation but resides in Carver, Hennepin, Scott, Sherburne, or Wright County, we have access to grant funding that may cover this service.

### What is Caregiver Counseling (Coaching)?

Caregiver counseling\* is an individualized, person-centered service designed to support caregivers by helping them with their decision-making and problem-solving.

Caregiver counseling covers an enrolled caregiver consultant's time spent with a caregiver providing counseling (i.e., a professional consultation) to help them make decisions and solve problems related to the caregiving role. This service covers the caregiver consultant's time to:

1. Conduct an assessment of the caregiver's needs and strengths.
2. Develop a support plan based on the caregiver's identified needs.
3. Provide ongoing support to reach established goals, including, but not limited to:
  - Facilitation of a person-centered learning and discovery process.
  - Development of a comprehensive person-centered description and plan.
  - Family counseling and family meetings
  - Implementation of tools and strategies to cope with changes in the person's personality and behavior.
  - Problem-solving and conflict resolution.
  - Time for finding resources.

\*Sourced from the online Community-Based Services Manual (CBSM) available on the Minnesota Department of Human Services website; last updated 6/27/2023.

**We focus on the family so you can care for your client.**



Contact us directly, submit a referral online, or provide this information to family members. Call 612-770-7005 or visit [seniorcommunity.org/caregiver-support](https://seniorcommunity.org/caregiver-support).