



Meet Becky Allard, LSW Social Worker

I have been a social worker for 24 years and my entire career has been focused on older adults and their families. My career began in nursing home and assisted living settings, and because of a gentle nudge from a current team member, I came to SCS to support the same population, but from the "before" side of their experience. I am happy to be engaged in the community to promote independence for older adults and help prevent nursing home placement.

I believe we are constantly learning and growing as professionals. By networking with other providers and encouraging one another to think outside the box, we are able to **bring resources and education to those who will benefit from it most**, but who may not otherwise be aware of it.

**SOCIAL WORK
BREAKS BARRIERS**

Today's society moves at a fast pace with less social interaction. Social Work is a profession that thrives on socialization, whether it be through networking with other professionals, or **actively listening** to our clients to find ways to harness their strengths for problem solving and identify challenges we can address. This person-centered approach is critical to find ways to overcome daily struggles.

My service area for Senior Outreach & Caregiver Support is **northwest suburban Hennepin County**; I also support the **Wright County** area with Caregiver Support and have connections with the Crow River Senior Center, Elk River Senior Center, Monticello Senior Center, and Rogers Senior Center.

Pro tips for caregivers:

Find someone you feel comfortable talking with. Caregivers often tell me, "*I know we didn't solve any problems today but I feel so much better after our conversation than I did when I got here. I don't feel as alone as I did before.*"

ASK FOR HELP! If you don't reach out, people can only assume all is well. Many people want to help but don't know how, feel it may be insulting to offer help, or worried you may not want it. Reaching out to others will open a support network for you and your loved one.

Celebrating National Social Work Month 2023