

Caregiver Services



SENIOR
COMMUNITY
SERVICES

Quiz: Are You a Caregiver?

A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Getting in and out of beds or chairs?
- Managing finances?

If you answered “yes” to any of the examples listed above, you are a caregiver.

Source: Johns Hopkins Medicine



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

Our dedicated licensed Social Workers offer a variety of ways to sustain your ability to provide help to your loved one and maintain your own life balance.

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
- decision making
- referral to services

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

Support Groups

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

Family Meeting Facilitation

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

We serve Carver, Hennepin, Scott, Sherburne, and Wright Counties. No one is denied service because of inability to pay. This service is supported, in part, by Hennepin County, municipalities, Title III grants from Trellis & CMCOA, and a Live Well at Home Grant from the Minnesota Department of Human Services. Additional funding is provided by a combination of funds from individual donors, the Older Americans Act, foundation grants, and client cost-share. Some services may also be covered by Elderly Waiver.

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