

## Resources for family caregivers:

**Respite services** provide you with time away from your caregiving duties to take care of personal affairs, get some rest or simply have a break. Respite care is flexible. It can be a neighbor or volunteer coming to your home, or out-of-home services that last a few hours to a few weeks.

**Caregiving education and training** are provided by a variety of organizations and can cover a variety of topics, such as how to provide hands-on care, medication management, stress reduction, practical communication skills, managing challenging behaviors, reducing depression, and legal and financial issues.

**Support groups** are provided by a variety of organizations and can help family caregivers learn to manage stress, share coping tips, gain emotional support and find community resources.

**Supplemental services** may include home safety management, home modifications and assistive technology.

*To learn what caregiving services and resources are available in your area, call the*

**Senior LinkAge Line®  
at 1-800-333-2433.**

## Resources available on the Web:

- **Minnesota Board on Aging**  
[www.mnaging.org](http://www.mnaging.org)
- **Minnesota Department of Human Services**  
[www.dhs.state.mn.us](http://www.dhs.state.mn.us)
- **CaregiverMN.org**  
[www.caregivermn.org](http://www.caregivermn.org)
- **Family Caregiver Alliance**  
[www.caregiver.org](http://www.caregiver.org)
- **Administration on Aging**  
[www.aoa.gov/wecare/FamCare.html](http://www.aoa.gov/wecare/FamCare.html)
- **National Family Caregiver's Association**  
[www.nfcacares.org](http://www.nfcacares.org)

This information is available in other forms to people with disabilities by contacting us at 651-296-2770 or 1-800-882-6262 or through the Minnesota Relay Service at 711 or 1-800-627-3529 (TDD), 1-877-627-3848 (speech-to-speech relay service).

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## Resources for family caregivers

*Share  
the Care*



**Call the  
Senior LinkAge Line®  
1-800-333-2433**

# Are you a family caregiver?

## Does this sound familiar to you?

- ☑ *Your mom needs help with her laundry and doing her hair, so you stop by regularly to lend a hand.*

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- ☑ *Your uncle isn't comfortable handling his checkbook any more, so you write out his checks to pay his bills.*

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- ☑ *You call your friend several times a day to check up on her because you're worried. Has she taken her medications? Did she eat today? Is she safe?*

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- ☑ *Your neighbor needs help getting groceries, so you drive him to the store and carry his bags.*

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# Learn to share the care

If you help with these types of activities, you're one of thousands of Minnesotans who are family caregivers. Caregiving usually begins with simple, everyday tasks such as cleaning and shopping for a friend, neighbor or relative. As that person becomes more frail, caregiving becomes more intense and time consuming.

Family caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is a challenging role, and it isn't one that most of us are prepared for.

Many of us will struggle with juggling several responsibilities, our own families, jobs and commitments. It's not easy, and there's usually no clear-cut timeframe. For some, caregiving may last a few weeks. For others, it may last years.

So many family caregivers say they wish they had known more about how to provide care, what resources exist, how to get help for their family members and themselves, and what to do to make sure that their own quality of life is optimal. Your community is filled with people who are willing to help you!

This brochure lists resources for family caregivers, like you, in Minnesota.

# Get connected

**Call the Senior LinkAge Line® (1-800-333-2433)** This *free* service connects family caregivers to needed resources, including respite care, personal and in-home services, home health care, transportation, meals, cleaning and yard work services, home modification, senior centers and adult day services.

**Senior LinkAge Line®** is sponsored by the Minnesota Board on Aging and your local Area Agency on Aging.

## Call your county's long-term care consultant

If you think in-home respite services might help you provide care or if you want to talk to an expert about providing safe and adequate care to an older person, call your county's social services office and ask to speak to a long-term care consultant. This service is *free*.