



## RESOURCES FOR CAREGIVERS OF OLDER ADULTS

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### **Home- and Community-Based Services**

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Sometimes the best way we can care for our loved ones is to ask for help. Help can come in many forms such as others doing simple chores and errands, acquiring educational materials to help you make sound decisions, or having an occasional meal provided. Emotional help is also available in the form of support groups, trusted family, friends or religious leaders.

### **General Caregiver Resources**

- 1. Senior LinkAge Line 1-800-333-2433**  
[seniorlinkage@state.mn.us](mailto:seniorlinkage@state.mn.us)  
Free statewide telephone information and assistance service to find community resources in 87 counties.
- 2. Minnesota Help**  
[www.minnesotahelp.info](http://www.minnesotahelp.info)  
A statewide database of community resources
- 3. Eldercare Locator- Federal Department of Health & Human Services**  
[www.eldercare.gov](http://www.eldercare.gov)  
**1-800-677-1116**  
A national toll-free directory assistance program provided by the U.S. Administration on Aging to help elders and their families find local agencies on aging

### **Adult Day Services**

Adult day services are structured programs that offer a variety of health, social and other related support services.

- 1. MN Adult Day Services Association (MADSA)** identifying numerous programs throughout Minnesota. [www.madsa.org](http://www.madsa.org) 763-464-2698

## **Caregiver Support Groups**

Caregiver support groups bring caregivers together to discuss concerns, share knowledge, and provide mutual support. Support groups are facilitated by professionals or trained volunteers.

### **1. *Gathering* Support Groups**

- Augustana Lutheran Church, West St Paul.  
Contact Becky Clifford 612-670-0296.  
1<sup>st</sup> Tuesdays 10:15 a.m.
- First Presbyterian Church, White Bear Lake.  
Contact Jeanne Jungbauer 651-426-9157  
1<sup>st</sup> Thursdays 10:15 a.m.
- Calvary Lutheran Church, Golden Valley.  
Contact Becky Clifford 612.670.0296  
2<sup>nd</sup> Thursdays 10:00 a.m.

### **2. Lyngblomsten's Caregivers Support Group**

- Contact Deb Bowman, RN, at (651) 632-5335  
DBowman@lyngblomsten.org.  
2nd and 4th Wednesdays 1:30 - 3:30 p.m.

## **Memory Loss/Alzheimer's Related Resources**

### **1. Alzheimer's Association *24/7* Information Helpline 1-800-272-3900**

[info@alz.org](mailto:info@alz.org)  
[www.alz.org/mnnd](http://www.alz.org/mnnd)

- ### **2. Lyngblomsten's *The Gathering*** – weekly group program providing respite to caregivers of people with early to mid-stage memory loss while engaging their loved one in cognitively stimulating activities. Contact Carolyn Klaver, RN at 952.261.9235 or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

3. **Early Memory Loss groups** are for people with early memory loss and their loved one:
- West Side – contact Park Nicollet. 952-993-5848 to set up a screening meeting.
  - East Side – Contact Wilder’s Memory Club for early stage memory loss families. Please call 651.280.2295 to find out more information and to set up a screening meeting.
  - Memory Loss Support Group - Bethesda Hospital  
559 Capitol Blvd.  
St Paul MN 55103.  
Contact Michelle Neumann 651.232.2258
  - Memory Adventure & Purpose (MAP) day program through Augustana Open Circle Adult Day Services for persons with Mild Cognitive Impairment or Early Memory Loss  
[www.alz.org/mnnd/in\\_my\\_community\\_56907.asp](http://www.alz.org/mnnd/in_my_community_56907.asp)

### **Residential Care Options**

1. **Community Residential Care Options:**

Senior Housing Guide for Minnesota

[www.seniorhousingguide.us](http://www.seniorhousingguide.us)

Senior Housing Directory

[www.seniorhousinginc.org](http://www.seniorhousinginc.org)

### **Financial Assistance/Help Options**

1. **Benefits Check-Up** is a National Council on Aging website to help elders and their families identify and apply for programs for which they may qualify.  
[www.benefitscheckup.com](http://www.benefitscheckup.com)
2. **Home and Community Based Waiver Services, Consumer Directed Care, Medical Assistance, Medicare, SHIP**  
Application is made through Minnesota county social service or health departments. [www.dhs.state.mn.us](http://www.dhs.state.mn.us)  
(select counties/regional offices to obtain your county’s contact)
3. **Veterans Benefits** may be available to veterans. Depending on the veteran’s individual situation and when the veteran was serving, he or she may be eligible for a variety of benefits. Veterans should contact their County Veterans Service Officer (CVSO) to discuss assistance available.  
-LinkVet 888-546-5838 referral & crisis intervention 24/7  
[www.unitedhealthfoundation.org/veterans](http://www.unitedhealthfoundation.org/veterans)  
[www.myhealth.va.gov](http://www.myhealth.va.gov)  
[www.VeteranCaregiver.com](http://www.VeteranCaregiver.com)