



# RESOURCES FOR CAREGIVERS OF OLDER ADULTS

**Home- and Community-Based Services**  
skrohn@lyngblomsten.org (651) 632-5331  
**www.lyngblomsten.org**

*We hope these resources will be of help to you as you journey with caregiving.*

## **General Caregiver Resources**

**Caregivers Support Group** at Lyngblomsten – Meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month from 1:30 to 3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul 55108). FREE. Coordinated by Lyngblomsten Community Wellness & Education. Contact Joanne Kellen, RN at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

**Caregiver Coaching** – A family consultant will meet with the caregiver in person and go through a guided interview process that covers the many aspects of caregiving. This is followed with the coach helping the caregiver identify issues that are of greatest concern and giving encouragement towards addressing issues. Caregivers should call (651) 234-2262, the Eldercare Partner's Intake Line. Fees for the service will be determined with each caregiver and may be a free service or a sliding scale fee based on income. The amount of time they coach the caregiver is flexible and based on need.

**The Family Caregiving Center** – Dr. Wayne Caron, Ph.D., L.M.F.T., Department of Family Social Science, University of Minnesota. (612) 625-1790 [wcaron@umn.edu](mailto:wcaron@umn.edu). Web site is: <http://fsos.cehd.umn.edu/projects/fcc.html>

**Caregiver Alliance** – information for caregivers [www.caregiver.org](http://www.caregiver.org)

**www.wellspouse.org** – The Well Spouse Association is a national organization focusing exclusively on the needs of all spouses caring long term for a chronically ill and/or disabled spouse.

**www.familymeans.org** – Click on Caregiver Support; then go to caregiver resources. Choose “Caring with Confidence” Guide. An excellent tool.

**Caregiving radio shows** – [www.wsradio.com/internet-talk-radio.cfm/shows/Coping-with-Caregiving/archives/date.html](http://www.wsradio.com/internet-talk-radio.cfm/shows/Coping-with-Caregiving/archives/date.html)

**www.MinnesotaHelp.info** – Connecting People of All Ages with Community Help; can search for resources by zip code

**www.caregiverMN.org** – Information and help for family caregivers of seniors in Minnesota and nationwide

**www.familycaregiving101.org** – sponsored by the National Family Caregivers Association, the site provides caregivers with the tools, skills and information they need to protect their own physical and mental health while they provide high quality care for their loved one.

## **Adult Day Services**

**Minnesota Adult Day Services Association** – [www.madsa.org/LocatorMap.php](http://www.madsa.org/LocatorMap.php)

**Common Sense Adult Day Services** – 724 19<sup>th</sup> Avenue North Suite 100, South St. Paul, 55075. Specifically for you to note the overnight respite they offer on a short-term basis. They are one of only two in the State of Minnesota that offer this. You may want to contact them ahead of a need, so that you could tour the facility and fill out any paperwork. Overnights can be over a weekend. Common Sense also offers Monday through Friday care (either at their facility or in home if desired).  
[www.commonsense4seniors.net](http://www.commonsense4seniors.net)

**www.eldercarelink.com** – Finding the right adult day care program for an elderly parent can be overwhelming; there are so many alternatives from community-based services to independent providers. *ElderCarelink* simplifies the process by connecting you with qualified adult day care programs that meet your parent's needs - and yours.

## **Medical Equipment Lending Library**

The Medical Equipment Lending Library is coordinated by Lyngblomsten's Community Wellness & Education program. Equipment is loaned free of charge. Call to make arrangements before coming. Please note that the equipment in this lending library is equipment that has been used and donated. The following items are typically in stock: walkers, crutches, raised toilet seats, shower chairs, wheelchairs, bedside commodes, canes, and bedside railings.

To borrow or donate medical equipment, please contact the Community Wellness & Education Coordinator Joanne Kellen, RN at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org)

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

**Information about Alzheimer's Disease** – [www.alzheimers.org](http://www.alzheimers.org)

**Lyngblomsten's *The Gathering*** – weekly group program providing respite for caregivers of persons with memory loss. Contact Carolyn Klaver, RN, at (952) 261-5235 or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

If you are interested in a **Memory Loss Support Group**, please call the Alzheimer's Association to find a group that meets closest to you. 1-800-232-0851 or [www.alzmdak.org](http://www.alzmdak.org)

**Alzheimer's Association Minnesota-North Dakota.** 24 hours a day/7 days a week Information Helpline: 1-800-232-0851 [www.alzmdak.org](http://www.alzmdak.org)

American Health Assistance Foundation (AHAF) has established the **Alzheimer's Family Relief Program** to provide direct financial assistance and resources for the continued care and support of the Alzheimer's patients and their caregivers. Contact Jarmel Wilson, at 1-800-437-2423 or [jwilson@ahaf.org](mailto:jwilson@ahaf.org)

## **Web-Based Tool**

### **CareFinder [www.alz.org/carefinder](http://www.alz.org/carefinder)**

The Alzheimer's Association has developed a unique web-based tool called CareFinder™ that helps individuals find the right care options, from home and community-based care, to assisted living and nursing home care. The tool is focused primarily on residential care with memory care specialty and is based on the Alzheimer's Association national campaign for quality residential care, endorsed by more than two dozen national organizations. The Physician Assessment of Individual Needs is a good tool to fill out and use for an appointment so the doctor realizes how your loved one is functioning at home in detail.

The Alzheimer's Association CareFinder, found on the web at [www.alz.org/carefinder](http://www.alz.org/carefinder), has a special feature that allows individuals and families to input personalized information, special needs, abilities and preferences, and receive a customized summary report with care recommendations and specific questions to ask potential care providers based on the profile.

In addition to providing customized care recommendations, the Alzheimer's Association CareFinder also provides detailed information on a variety of issues surrounding care options, including:

- **Planning Ahead** – A diagnosis of Alzheimer's in the early stages of the disease does not mean that a person cannot make decisions so it is important that the individual participate in the decision-making process as much as possible about their future care, legal and financial planning.
- **Care Options** – Individuals with dementia have unique care needs and there are many types of care available. The CareFinder defines and outlines the types of care available and informs families so they can determine what care is needed for their loved ones.
- **Coordinating Care** – Caring for a loved one with Alzheimer's Disease can involve several types of care providers from physicians to in-home assistance to long-term care, such as assisted living and nursing homes. The CareFinder offers advice on how families can remain engaged in the care of their loved ones, communicate with doctors and other care providers to address changing needs such as moving a loved one to a long-term care residence.
- **Support and Resources** – Various support programs are available to help people affected by Alzheimer's disease. The Alzheimer's Association Helpline at 1.800.272.3900 is available 24/7. The CareFinder includes web links to other resources such as the Eldercare Locator and National Academy of Elder Law Attorneys (NAELA).

## **Other Resources**

### **Medicare**

[www.medicare.gov](http://www.medicare.gov)

### **Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

### **Minnesota Board on Aging/Metropolitan Area Agency on Aging**

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

Information on issues ranging from housing to benefits.

### **Minnesota Health and Housing Alliance**

[www.mhha.com](http://www.mhha.com)

### **Minnesota Senior Federation**

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

### **Advocate for Elders**

[www.advocateforelders.com](http://www.advocateforelders.com)

Support for families and their loved ones in care planning and decisions

## **Books, Notecards, Audiovisuals, Speakers**

[www.willowgreen.com](http://www.willowgreen.com) – resources for healing and hope

[www.KariBerit.com](http://www.KariBerit.com) – resources on taking care of aging parents, keeping your mind sharp; also visit [www.UnexpectedCaregiver.com](http://www.UnexpectedCaregiver.com); author and speaker is Kari Berit

[www.agingandcaregiving.com](http://www.agingandcaregiving.com) – resources for “conscious aging” and family caregiving; author and speaker is Pat Samples

## **Periodicals**

**Today’s Caregiver** (magazine) – [www.caregiver.com](http://www.caregiver.com)

“America’s magazine for family and professional caregivers”

**Caring Today** (magazine) – [www.caringtoday.com](http://www.caringtoday.com)

“Practical advice for the family caregiver”

**Minnesota Good Age** (monthly newspaper) – [www.mngoodage.com](http://www.mngoodage.com)

“Journal of Active Living”