



Help a family as a
**Lyngblomsten
In-Home Respite
Companion**



*Volunteer to give a short break to a
family caregiver of someone living
with memory loss.*

*Offered
through:*

2nd Half with
Lyngblomsten

A Center for Enriching Lives after 50

www.lyngblomsten.org/2ndHalf

❖ How You Can Help ❖

2nd Half with Lyngblomsten is seeking volunteers to provide **in-home respite** to caregivers living in Ramsey County. **Respite** is short-term relief that allows caregivers to attend to matters other than caring for their loved ones.

As a Respite Companion, you'll spend two to three hours visiting with an older adult with memory loss in his or her home.

This opportunity is great for those who:

- Enjoy one-on-one interactions,
- Find meaning in building and sustaining relationships,
- Are reliable and conscientious, and
- Focus on capabilities rather than deficiencies.

All Companions will be trained using REST® (Respite Education & Support Tools), an evidence-supported program that provides individuals with the education and tools they need to be confident Companions.

For more information, contact:

Lyngblomsten Volunteer Services
(651) 632-5406

volunteer@lyngblomsten.org

www.lyngblomsten.org/individualvolunteer

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