

# CAREGIVER SERVICES



Are you or someone you know helping an older adult who is your spouse, partner, family member, friend, or neighbor and you're looking to connect for support?

*Specializing  
in memory  
loss caregiver  
support*

**Give us a call.  
We'll help you  
navigate the journey.**

## **Being the best caregiver you can be includes caring for yourself.**

2nd Half with Lyngblomsten's Caregiver Services team is here to help you on your caregiving journey. Our staff are providing individualized support, activity ideas, and resources remotely—via email, phone calls, and online meetings—during the COVID-19 pandemic.

### **Connect with 2nd Half with Lyngblomsten for:**

- **Telephone Support**  
*One-time or multiple sessions*
- **Education and Access to Resources**
- **Memory Loss Caregiver Support Groups**  
*Via online video sessions*
- **Caregiver Coaching**  
*Memory loss specific*
- **Group e-Respite**  
*Interactive online experience for people living with memory loss*

### **Don't know what you need?**

Connect with us. Our trained staff are here to listen and will help you take the next step on your journey.



*For more information:*

### **2nd Half with Lyngblomsten**

(651) 632-5320 | [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) | [www.lyngblomsten.org/caregiving](http://www.lyngblomsten.org/caregiving)

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