

CAREGIVER support resources

Memory Café at North East Seniors for Better Living held at Hazel Park Church 1831 Minnehaha Ave E St Paul 55119 A fun and engaging program that is designed for seniors experiencing memory loss and their caregivers. Also open to any senior looking for a fun social afternoon. 651-808-1901

<https://neseniorsforbetterliving.org/>

Trellis (MN metro) provide services, connections and innovations to help people thrive as they age. Get personalized support for persons living with dementia and their caregivers in metro area. 651-917-4619 or dementiasupport@trellisconnects.org <https://trellisconnects.org/dementia-care-navigation/>



Caring for a person with Alzheimer's or dementia often involves a team of people. Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have resources to help.

<https://www.alz.org/mnnd> Call the helpline 24/7 at 800.272.3900



Any guy 18 and older who has cared for a loved one facing a health crisis. This includes anyone who has lost a loved one as well as anyone whose health crisis is currently in remission. While the purpose of our work is centered on men caregivers, we also offer a variety of coed programming opportunities for all Caregivers and Sequel Makers. Some of our programs are held in the Twin Cities of Minnesota, in-person. Others are online, or via phone calls.

<https://www.jackscaregiverco.org/>



If you're taking care of someone with cancer, often the last thing on your daily list of things to do ... is taking care of you. That's why there's a special place at Gilda's Club for you. We understand the demands on your time, your energy and your emotions. Come be among other caregivers – 50% of our members are caregivers, family, friends, or living with loss.. Learn new skills, get support, express your full range of feelings or just take a deep breath and relax. <https://gildasclubmn.org/find-support/caregivers-family-and-friends/>

Minnesota family caregivers are fortunate that different types of support are available at little or no cost. Support includes phone information and referral, caregiver skills classes, individual caregiver consulting, self-directed grants, and limited respite care. When meeting in person is not an option, classes and counseling are on-line. You can start by calling Minnesota Aging Pathways at 800-333-2433, Monday-Friday 8:00 a.m. - 4:30 p.m. <https://mn.gov/aging-pathways/caregivers/>

“You are part of the story!” <https://www.thenegativespace.life/for-caregivers/> Several on-line resources, podcasts- <https://insickness.care/> --for caregivers

<https://www.caregiver.org/> Several resources which are also translated into several languages...English, Spanish, Tagalog, Vietnamese, Chinese, Korean

Research shows that family caregivers who connect with support, do better.