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# Caregiver Resource Guide

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## Tips and tools for Minnesota caregivers

### **Family and friend caregivers are the foundation of Minnesota's long-term care services and supports system.**

Every day caregivers provide a range of support from chores and errands, to personal care and medical care, and preventing injury. This support is critical for keeping older adults safe and in their own homes. This unpaid care is valued at \$8.2 billion each year in Minnesota alone, exceeding state Medicaid expenditures.

The goal of this guide is to strengthen Minnesota caregivers through increased awareness of their roles, access to information and support, and promoting self-advocacy and informed decisions. The guide provides basic information, tips, and tools for getting started with caregiving. It is for new caregivers and those who may be unaware of their roles. It is primarily for those who are caregiving for someone in a private home. It does not address caregiving issues associated with non-home-based settings, such as assisted living or long-term skilled nursing facilities.

The guide contains six modules which can be used individually, or as a whole, depending on individual need. Each module contains its own resource listing. The modules include: Introduction to Caregiving, Getting Started with Caregiving, Caring for You, Caring for Older Adults, Managing Moves Between Care Settings, and a Resource section. The checkboxes may be used to prioritize steps or tasks. When one step is completed individuals can move to another.

The guide was developed by state and area agency on aging staff, caregiver consultants, and others who are dedicated to supporting family caregivers. It was reviewed by family caregivers from urban and rural communities who provided valuable insights and feedback.

This document is available in alternative formats to individuals with disabilities by calling 651-296-2770 or through the Minnesota Relay Service at 1-800-627-3529 or 711.

If duplicating these materials please acknowledge the Minnesota Board on Aging as the source.

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For questions about the Caregiver Resource Guide contact the Minnesota Board on Aging at [mba@state.mn.us](mailto:mba@state.mn.us) or 1-800-882-6262.



*Helping you be the best caregiver you can be.*