“I am now able to take a step back and evaluate situations before responding to my father’s behaviors.”

“I am able to accept that I am not superhuman!”

“I am learning to take better care of myself, to be more tolerant and to ask others for help.”

“I am not alone anymore.”

The Senior LinkAge Line®
1-800-333-2433
The Senior LinkAge Line® is a statewide information and assistance service to help you find local services, including respite care, caregiver support services, health insurance counseling, chores, meals and transportation.

MinnesotaHelp.info®
www.MinnesotaHelp.info
MinnesotaHelp.info® of the Minnesota Board on Aging is a web-based tool designed to help people in Minnesota find caregiver supports, resources, information, financial assistance and other forms of help.

Minnesota Board on Aging
www.mnaging.org
This information is available in other forms to people with disabilities by calling 651-431-2500 or 800-882-6262 or through the Minnesota Relay Service at 711 or 1-800-627-3529 (TTY), 1-877-627-3848 (speech-to-speech relay services).

Do you care for an older adult or another person?
Caregiver Consultation can help you

This brochure is provided by federal grant funding from the U.S. Administration on Aging through the Minnesota Board on Aging and Minnesota Area Agencies on Aging.
Providing care for a family member or friend can be rewarding, but at times stressful. A Caregiver Consultant can help you maintain your own well-being while caring for another.

Is this you?
- Do you provide care for an older adult or someone with memory loss?
- Are you an older adult providing care to a grandchild, a relative’s child or an adult child with a disability?
- Do you find providing care to be stressful or overwhelming?

How does Caregiver Consultation work?
It begins with a professional Caregiver Consultant
- listening to you,
- helping you to identify your strengths, needs and concerns, and
- working with you to develop a plan—one that works for YOU.

The consultant will meet in a place that works for you, or by phone. Your consultant will continue to be there for you as your situation changes and new concerns arise.

Caregiver Consultation can help you
- Look at your situation and identify issues of concern to you
- Find solutions to problems
- Feel more in control
- Find resources to assist you in providing care

How much does it cost?
The service is generally offered on a sliding fee scale and providers offer various payment options. To learn more, talk with the provider in your area.

How do I find a Caregiver Consultant?
Call the Senior LinkAge Line® at 1-800-333-2433, or go to MinnesotaHelp.info® www.minnesotahelp.info and type in the keywords “caregiver consultant”, choose the location (city, county or zip) and click on the blue search button.