

# Resources for Caregivers

If you help a family member or friend with bills, meals, medications, and more, you are not alone. You are one of thousands in Minnesota that is a family caregiver. Providing help can be rewarding but also overwhelming. Fortunately, there are resources available to support you:

- **RESPIRE SERVICES** offer you time away to get some rest or to do something you enjoy.
- **CAREGIVER EDUCATION** and training can help you acquire new information and skills to care for yourself and others.
- A **CAREGIVER CONSULTANT** can help you assess your situation, set goals, and develop an individualized plan so you can live your own life while caring for another person.
- **SUPPORT GROUPS** can help you find emotional support as you share your experiences with other family caregivers.
- **OTHER SERVICES AND SUPPORTS** can make your caregiving easier such as meals, home modification and emergency response systems.

With the many low-cost options to help family caregivers, why wait? Get started on finding resources today. Call the Senior LinkAge Line® at 1-800-333-2433.

**For More information:**

The **Senior LinkAge Line®** is a free statewide phone-based service to help older adults and caregivers find information, and local services and supports. Call 1-800-333-2433.

**MinnesotaHelp.info®** is an online directory of resources for older adults and caregivers. It includes the **Caregiver Link** and the **Long-Term Care Choices Navigator**, a Web-based interactive planning tool for caregivers.



**A One Stop Shop for Minnesota Seniors**

This information is available in other forms to people with disabilities by contacting 651-431-2500 or 1-800-882-6262 or through the Minnesota Relay Service at 711 or 1-800-627-3529 (TDD), 1-877-627-3848 (speech-to-relay service).

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