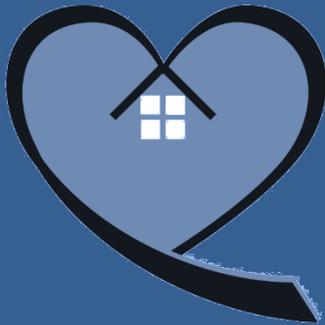


Interfaith Caregivers



507-526-4684
interfaithcaregivers.net

Caregiver Support Services are made possible in part under the Federal Older Americans Act through an award from the Minnesota River Area Agency on Aging under a plan approved by the Minnesota Board on Aging.

Caregiver Support

Who is a Caregiver?

A caregiver is a family member, close friend or neighbor who takes care of a frail or disabled older person. This role comes with many challenges and blessings. Our Caregiver Support and Respite Program is designed not only to help the caregiver manage stress and obstacles, but to help them to learn new skills, find the resources they need, and discover how to find caregiving to be a rewarding and fulfilling experience.

How we can help

Services include, but are not limited to:

- ★ **Caregiver Consultation.** The focus of caregiver consultation adapts to the individual needs of the caregiver. The caregiver consultants will meet with caregivers to help them assess their needs and provide whatever support is needed. This may include emotional support, assistance in finding resources or information, or helping the caregiver develop new skills or approaches to problem-solving. Our caregiver consultants maintain contact with caregivers by phone, email or in person to help them improve the quality and duration of care they provide, and increase their satisfaction in the caregiving role.
- ★ **In-Home Respite.** Sometimes Caregivers just need a break. Our volunteers are available to come to your home and stay with your loved one so you have a chance to recoup, make errands, catch up on other responsibilities, or whatever. Our ability to provide respite depends on the availability of our volunteers. *Volunteers are not able to provide medical or personal care.*
- ★ **Group Education and Support.** Opportunities are available monthly for caregiver education and support. We provide monthly Parkinson's Disease support groups. Other support groups and informal "caregiver coffee hours" also meet regularly. Call or check our webpage for current dates and locations.
- ★ **Powerful Tools for Caregivers.** This educational workshop helps caregivers develop tools and improve confidence to help them care for themselves and their loved-one. This six-week series is led by trained facilitators using a standardized curriculum. It meets once a week for two hours. The weekly topics range from reducing stress, improving communication in difficult situations, and mastering caregiving decisions.
- ★ **REACH.** Resources for Enhancing Alzheimer's Caregiver Health provides caregivers one on one education and counseling. Dementia care specialist work with each client individually to find workable solutions for such problems as caregiver stress, challenging behaviors, home safety, depression, self-care, and social support.

Who is Eligible

Any family member, friend or neighbor who routinely provides assistance to senior who is over the age of 60 and lives in their own home, apartment, or independent living facility. Usually, either the caregiver or care receiver must live in Faribault County.

What it Costs

Registered caregivers are invited but not required to support our program through a financial contribution. A contribution of \$20 per month is suggested for caregiver consultation. A contribution of \$20 per hour is suggested for respite. Low-income clients may contribute a lesser amount based on a sliding-fee scale. Services will not be denied due to a client's inability or unwillingness to contribute.

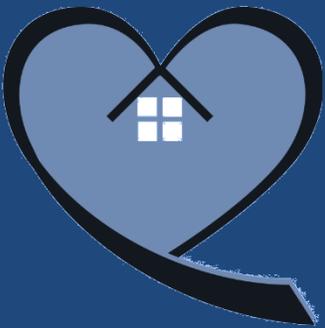
How to Register

Before services can begin, clients must enroll in the program by meeting with a caregiver consultant or another representative from Interfaith Caregivers. The enrollment process includes a home visit, completing a few forms, and discussing your needs and wishes. There is no cost to enroll.

What Other Services do Interfaith Caregivers Provide?

- ★ **ALERTLINK.** In partnership with United Hospital, we provide the ALERTLINK personal Emergency Response System that links you with 24-hour assistance at the push of a button worn on a pendant or wristband.
- ★ **Live Well at Home.** Interfaith Caregivers is a provider of *Minnesota's Live Well at Home program*. Using a seven question "quiz", we help identify risk factors which may accelerate the need for nursing home placement. Follow up consultation, if desired, helps clients to know their options and find available resources for staying at home as long as possible.
- ★ **Project ROSE.** ROSE stands for "Reaching Out to Support Elders." This program focuses on providing adults over 60 with volunteer-based, non-medical services such as transportation, visiting, homemaking and chores. Our goal is to help them remain independent and socially connected in their own homes as long as possible.
- ★ **Senior Wellness Initiative.** Long-term independence depends largely on staying as healthy as possible. Interfaith Caregivers offers *Lunch and Learn* seminars throughout the year on different topics relating to aging and health. We also offer workshops to help seniors improve balance, reduce the risk of falling, and achieve optimal health.

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Since 1997, the mission of Interfaith Caregivers is to help older adults maintain independence, dignity and quality of Life." Our chief goals are:

- ★ To provide older adults with volunteer-based, non-medical services to facilitate independent living and social connectivity.
- ★ To reduce the burden and stress of family caregivers.
- ★ To help older adults to identify and manage health risks and to establish habits which promote longevity and healthy aging.

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