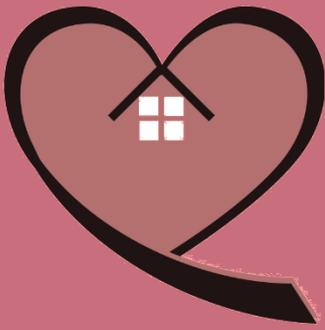


## Interfaith Caregivers



507-526-4684  
interfaithcaregivers.net

Elder Care services are supported, in part, by a *Live Well at Home* grant from the Minnesota Dept. of Human Services.

Homemaker and Chore 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.

Revised: January 2018

# Elder Care

## What is Elder Care?

Helping older adults maintain their independence in their own home for as long as possible, Elder Care services link older adults with trained volunteers or a staff members to assist with non-medical needs so that they can remain socially connected and active in their community.

## Available Services

Services include, but are not limited to:

- ★ **Care Coordination:** Our Elder Care Coordinator meets with older adults or their caregivers to help them assess their needs and find the appropriate resources, develop new skills, and develop an action plan.
- ★ **Transportation:** Volunteer drivers are available to provide transportation to medical appointments, social activities, shopping and others places seniors would like to go. We can provide local rides, as well as, long-distance rides, such as to Mankato or Rochester. *We cannot provide regular long-distance rides for dialysis or therapy sessions.*
- ★ **Housekeeping/Chores:** We provide help with housekeeping and chores such as cleaning, vacuuming, laundry, organizing, changing linens, yard work, etc. Services are available for one-time jobs, short-term circumstances or regularly bi-weekly cleaning (The client is responsible for providing cleaning supplies and equipment).
- ★ **Friendly Visiting:** We can help seniors who feel isolated or alone by providing a volunteer to visit on a regular basis offering warmth, friendship and understanding.
- ★ **Telephone Reassurance:** Telephone Reassurance gives peace of mind and support to seniors who live alone. The program provides a daily or weekly telephone call (Frequency is up to the client). In addition to checking the client's well-being, the service helps by reducing loneliness and providing contact with another person.

*Please note that we are not able to help with medical or personal care.*

## Who is Eligible?

Any senior over the age of 60 who lives in their own home, apartment, or independent living facility in Faribault County is eligible for most services. The homemaking/chore service also requires that the client has physical difficulty with heavy housework. Exceptions to the geographical boundary or age requirement can be made on a case by case basis.

## What it Costs

All services are available for a voluntary contribution. A contribution of \$0.30 per mile is suggested for transportation services. A contribution of \$20 / hour is suggested for homemaking/chore services. Low-income clients may contribute a lesser amount based on a sliding-scale. Services will not be denied due a client's inability or unwillingness to contribute.

## How to Register

Before services can begin, clients must enroll in the program by meeting with the Elder Care Coordinator or another representative from Interfaith Caregivers. The enrollment process includes a home visit, completing a few simple forms, and discussing your needs and wishes. There is no cost to enroll. Family members are more than welcome to meet and visit with us as well.

## What Other Services do Interfaith Caregiver Provide?

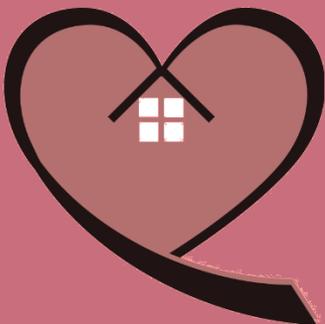
- ★ **ALERTLINK.** In partnership with United Hospital, we provide the ALERTLINK Personal Emergency Response System that links you with 24-hour assistance at the push of a button worn on a pendent or wristband.
- ★ **Caregiver Support and Respite Program.** We serve both Faribault and Martin County family caregivers by helping to reduce the burden and stress of caring for an older adult. Our Caregiver Consultants offer individual support and encouragement, support groups, workshops, and volunteer-based respite care.
- ★ **Caregiver Support 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.

## How You Can Support Interfaith Caregivers

While Interfaith Caregivers receives some State and Federal Funding, our services are only possible because of the generous support of our friends and neighbors. Donations may be given at any time online (see our webpage) or via mail.

We also would not be able to provide services without our team of dedicated volunteers. If you are interested in volunteering with us, give us a call. We will work around your schedule and desired availability.

## Interfaith Caregivers



507-526-4684

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.

301 N. Main St. – P.O. Box 82 - Blue Earth, MN 56013

[www.facebook.com/interfaithcaregivers](http://www.facebook.com/interfaithcaregivers)