

# Caregiver Consultation



## What it is:

Caregiver Consultation is a service that can help caregivers develop strategies to achieve a balanced lifestyle, allowing the caregiver to provide both good care and protect their own health. It is offered throughout Minnesota by professionals who are certified Caregiver Consultants. Consultants are certified by the Minnesota Board on Aging (MBA) by meeting basic standards and completing training. Caregiver Consultation involves identifying a caregiver's strengths, needs, and goals and then developing a plan with the caregiver.

## Caregiver Consultants are available to:

- Unpaid family, partners, and friends who provide care to an older adult who is 60 years or older.
- Unpaid family, partners, and friends who provide on-going care to younger people with dementia.
- People aged 55 or older who live with and care for a grandchild, other relative's child, or an adult child with a disability.

## Caregiver Consultants provide:

- Caregiving education and skills training
- Self-care and stress management suggestions
- Disease-specific information to support caregiving
- Guidance on managing family and care team relationships
- Communication and assertiveness skills training
- Support in developing informal networks of support
- Family facilitation

# Central Minnesota Caregiver Consultants

## Benedictine Faith in Action

Area served: Stearns County and St. Cloud Metro  
Phone: 320.348.2322

## Family Pathways

Area served: Chisago, Isanti, Kanabec, Mille Lacs, and Pine counties  
Phone: 651.257.7905 (Chisago, Isanti) or 320.364.3526 (Kanabec, Mille Lacs, Pine)

## Helping Hands Outreach

Area served: Holdingford, St. Stephen, and Rice  
Phone: 320.746.9960

## Horizon Health Faith in Action

Area served: Crow Wing, Morrison, Todd, and Wadena counties  
Phone: 320.468.0016

## Northwoods Caregivers

Area served: Cass County  
Phone: 218.333.8264

## Senior Community Services

Area served: Sherburne and Wright counties  
Phone: 612.804.0968

## Vivie

Area served: Benton, Cass, Crow Wing, Sherburne, Stearns, Todd, and Wadena counties  
Phone: 320.759.4908

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