

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

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, Rice, St. Stephen, and surrounding communities

Phone: 320.746.9960

Horizon Health Faith in Action

Area served: Crow Wing, Morrison, and Todd counties

Phone: 320.468.6451

Lutheran Social Service

Area served: Cass, Crow Wing and Wadena counties

Phone: 218.428.3425

Northwoods Caregivers

Area served: Cass County

Phone: 218.333.8264

Senior Community Services

Area served: Sherburne and Wright counties

Phone: 612.804.0968

Wadena County Public Health

Area served: Morrison, Todd, and Wadena counties

Phone: 218.621.7629

Whitney Senior Center

Area served: St. Cloud metro area

Phone: 320.650.3082

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