

# Care Partner Support during COVID-19 Restrictions

Updated February 26, 2021

## Special Announcement!

### Essential caregivers allowed to visit residents in long term care residences

Recognizing the critical role family members and other close, outside caregivers have in the care and support of residents, and recognizing how they advocate for the resident, it is strongly recommended LTC facilities develop a process to designate essential caregivers (EC) where appropriate. An EC could be an individual who was previously actively engaged with the resident or is committed to providing companionship and/or assistance with activities of daily living.

Essential caregivers will be able to visit and interact with their resident. Please see this statement by the MDH for more information.

[MDH LTC Caregiver Guidance](#)

This policy is not a requirement but a recommendation. If you consider yourself an essential caregiver for someone in a residence, please contact the residence to see what they plan to do with this recommendation.

## New Visitation Guidance for Long Term Care residences!

*This is in addition to the Essential Caregiver and Compassionate Care visits.*

On Sept. 17, 2020, the federal government, specifically the Centers for Medicare and Medicaid Services (CMS), issued updated visitation guidance for nursing homes to allow for more visitation. On October 12, 2020, the Minnesota Department of Health revised their guidelines to accommodate these updates. If you are not in Minnesota, check to see how your state has adapted to these new Medicare recommendations.

In-person visits should be allowed when both of the following criteria are met:

- The facility has not had a COVID-19 exposure from a positive resident or employee in the last 14 days, AND
- The two-week county COVID-19 test-positivity rate is  $\leq 10\%$ , placing the facility in the low-risk or medium-risk category.

Only essential caregiver and compassionate care visits should be allowed when one or both of the following criteria are met:

- The two-week county COVID-19 test-positivity rate is  $>10\%$ , placing the facility in the high-risk category, AND/OR
- The facility has had a COVID-19 exposure from a positive resident or staff in the last 14 days.

More details here:

[LTC Visitation and Activities – MDH Guidelines](#)

**Minnesota also has issued guidance on essential caregiver and compassionate care visitations.** While essential caregiver visits allow facilities the option to offer them, compassionate care visits are mandatory and can be for visits beyond just end-of-life care and even when there is an outbreak of the coronavirus in the facility.

If you have concerns about the health and safety of your loved one or are having problems visiting them in a facility, please contact the [Minnesota Long-Term Care Ombudsman](#) at 800-657-3591.

**Support Groups and Services are listed by service provider or name of the event in alphabetical order.** If you do not see anything about a support group or service you normally use, contact the service provider or facilitator of that service.

If you choose to participate in online support groups, observe the same care in restricting your personal information as you would observe in any other online interaction or interaction with a stranger.

Some of these are new services that address social isolation.

## Support Groups and Services

**AARP Caregiver Support Line** - Toll-free [caregiving support line](#) is available Monday-Friday, 6 a.m. to 10 p.m. CST at 1-877-333-5885. The support line is also available in Spanish, at 1-888-971-2013.

### **Alzheimer's Association – support groups**

Due to the COVID-19 pandemic, all support groups scheduled through April will be hosted via phone or video conference instead of in-person. Meetings scheduled for May and June will be assessed at a later date. Please contact our 24/7 Helpline (800.272.3900) for details.

## **Arthurs Memory Café**

Arthur's Memory Café meets virtually the 2<sup>nd</sup> & 4<sup>th</sup> Wed each month. We start at 1pm and will go for an hour or two depending on the need of the group that attends. These will be Zoom meetings (video conferencing) and people could attend by phone if they don't have a computer, iPad or smart phone with a camera and microphone. Contact: Lori La Bey at 651-748-4714 or email [Lori@AlzheimersSpeaks.com](mailto:Lori@AlzheimersSpeaks.com).

## **Brightondale**

### **Dementia Support Group & Monthly Education**

Support and education for anyone with a friend or family member with Alzheimer's or other types of Dementia. This small support group discusses a variety of topics including the stages of Dementia, how to care for yourself as a caregiver, ways to adapt activities and hobbies for someone with Dementia and tips on navigating the disease.

Facilitator: Amy House is a trained facilitator with the Alzheimer's Association and an Independent Certified Trainer in Teepa Snow's Positive Approach® to Care.

Meetings are held the first Thursday of every month at 6pm and the third Monday of every month at 2:30pm via phone or Zoom

Contact: Amy House 651-746-5611 or [ahouse@brightondale.com](mailto:ahouse@brightondale.com)

## **Brookdale North Oaks – Alzheimer's & Dementia Care**

Caregiver Support Group

Last Wednesday of each month 10:00 – 11:00am

When caring for an aging parent, you may feel like no one understands what you're experiencing. Join our Caregivers Support Group, and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you're going through. Participants can bring their loved one with to join in a planned activity.

Caregiver Support Group  
Shoreview Parks and Recreation

**For reservations or more information: 763-913-6140**

## **Dementia Action Alliance**

This group is for and organized by people in the early stages of dementia. They have weekly chats and discussions and also have a program called Dementia Mentors which matches people with similar experiences to provide assistance and companionship through online and telephone conversations.

For a current schedule of weekly discussion topics: [Online Discussions](#)

Programs for persons living with dementia at home in assisted living: [Online Programs](#)

One-on-one Mentor Sessions and Virtual Memory Cafes: [Dementia Mentors](#)

For more information: [Dementia Action Alliance](#)

## **East Side Neighborhood Services**

### **Caregiver Support Group**

**February 3 & 17 and March 3**

**Wednesdays | 12:00-1:00 PM Via Zoom Conferencing**

Get connected to the community resources you need  
Meet and support other people with similar experiences  
Learn easy self-care strategies and coping techniques  
Vent, share your personal experiences, and leave feeling better for it!

To ensure a safe and confidential setting, first time participants will need to request a link and password to enter the call.

For more information, contact: [LFlavin@esns.org](mailto:LFlavin@esns.org) or 612-787-4076.

For up-to-date information about our programs check our [website](#).

## Embracing Journeys – Changing the story of caregiving



### Dump and Reload

A great way for both Professional and Family Care Partners to share stories or listen, get tips, and stay connected during this difficult time and beyond. Drop-In and stay a little or stay a while...Take what you need...Share what you know...Hold Space for each other as we go...

**Family Care Partners** – Monday 7-9am and 6-8pm

**Professional Care Partners** – Tuesday 7-9am and 6-8pm

Virtual Zoom Meetings – For more information and to register: [Embracing Journeys](#)

**Caregiver Hub** [Embracing Journeys](#) [Krisie Barron's YouTube](#)

- Family Education & Consulting
- Caregiver Coach & Mentor
- Do It Yourself Caregiving – free
- New Video Every Week
- Coffee with Krisie – free
- New Video Every Friday
- New Blog Every Wednesday

## FamilyMeans

**Caregiving & Aging services**

**Counseling & Therapy**

**Financial Solutions**

**Center for Grief & Loss**

### Virtual Caregiver Support Groups

During support groups, caregivers learn and reinforce good self-care, give and receive encouragement, and enjoy support and understanding from others in similar situations. With professional staff facilitation, the groups explore issues such as:

- Balancing roles and responsibilities
- Understanding and dealing with the realities of chronic illnesses
- Coping with difficult emotions
- Developing support systems
- Accessing community resources

### **General Caregiver Support Groups**

Morning sessions Wednesdays 10:00 – 11:00am

March 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup>

Afternoon sessions Fridays 1:00 – 2:00pm

March 12<sup>th</sup>, 26<sup>th</sup>

### **Adult Child Caregiver Support Group**

3<sup>rd</sup> Wednesday 5:30 – 6:30pm

March 17<sup>th</sup>

New participants are welcome. Pre-registration is required by emailing Heidi Ricks at [hricks@familymeans.org](mailto:hricks@familymeans.org) or calling 651-789-4017. You will receive the link or phone number to join the meeting the day of the event.

### **Coaching and Consultation** - for caregivers

Our social workers are available for individual guidance and support. They are dementia-capable professionals, certified in the use of REACH (an evidence-based coaching protocol for Alzheimer's caregivers) and other methods. **Call for a telephone or online appointment.**

For more information and registration: call 651-439-4840 or check the website: [Family Means](#)

### **Virtual Memory Café**

A welcoming place for those with memory loss and their caregivers to come together. The Café will include facilitated conversation and community resources. It will be conducted via Zoom.

Thursdays 2:00 – 3:00pm

Sign up by contacting Jenny West at 651-789-4015 or email [jwest@familymeans.org](mailto:jwest@familymeans.org)

### **Dementia Empowerment Services**

Services specifically for the person with a new dementia diagnosis or living with early-stage memory loss/dementia.

### **Dementia Empowerment Groups:**

#### **Journey Together**

A virtual social/support group that covers topics important to someone adjusting their life to living with dementia. Themes are generated by the group and a staff guide. Topics may include creating support systems, strategies for daily living, self-care, emotional well-being, reminiscing. Last two Mondays each month, 10 a.m.

### **Community Connection**

A virtual group to explore new things in the community and break stigmas about dementia and memory loss. Each 4-6 week session has a theme and special community guests who lead us to explore history, art, poetry, nature, community locales and song writing. Please contact us for information on the next session.

### **All Groups Meet via Zoom (Tech assistance available)**

Contact Heidi Ricks, Dementia Program Coordinator at [hricks@familymeans.org](mailto:hricks@familymeans.org)  
Or call to learn more and register (651) 789-4017

### **Dementia Empowerment Coaching - One-to-one Consultations**

- Emotional Support with Diagnosis
- Support System Planning
- Finding Community Resources
- Goal Setting

We will provide a listening ear and guidance for you as you plan your next steps with dementia. Each person follows a unique path with memory loss, and having a guide can be essential to relieving stress along the way.

### **All consultations via Zoom (tech assistance available).**

Contact Heidi Ricks, Dementia Program Coordinator at [hricks@familymeans.org](mailto:hricks@familymeans.org)  
or (651) 789-4017

**Sliding scale fees available.**

For program updates: [Family Means COVID-19 Updates](#)

### **Former Dementia Caregiver Re-Entry Group**

Find the “New” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate and offer referrals and resources as needed.

Interested people can join the virtual Zoom meeting via computer or telephone.  
Contact Warren Wolfe at 612-791-5316 or at [warren.wolfe11@gmail.com](mailto:warren.wolfe11@gmail.com).

## HealthPartners Neuroscience Center

- Early Onset Dementia Support Group
- Memory Café
- People with Dementia
- Parkinson's Support Group

Support groups are currently suspended. For information about each group during COVID-19, check our Facebook page at [Fight Memory Loss](#) or contact the support group facilitator.

## Jewish Family Service of St. Paul

*All services are available regardless of race, ethnicity, creed, religion, national origin, gender, disability, or sexual orientation.*

### Powerful Tools for Caregivers

The sessions will be on Thursday from April 8 through May 13 4:00 to 5:30PM via Zoom.

It is important to take time to care for yourself, so you can be well enough to take the best care of your loved one. Participants will learn self-care behaviors including increased exercise, relaxation and medical check-ups; emotion management to reduce guilt, anger and depression; building self-confidence to cope with care giving demands; and identifying community resources.

The series will be taught by JFS Care Manager Bonnie Jaffe, RN, and Tara Burns, MA, PEARLS Counselor. Bonnie leads the Senior Care Services program that helps elders age in place with appropriate services in the home. Tara is a mental health practitioner with personal and professional experience supporting caregivers and older adults. She is a counselor in the PEARLS program designed to alleviate depression and low mood in adults 55 and older.

The cost is \$10 per person; however, scholarships are available. Each participant will receive a copy of "The Caregiver Help Book." Maximum class size will be 10 people.

Registration: call or email Bonnie: 651-497-8248 [bjaffe@jfssp.org](mailto:bjaffe@jfssp.org)  
or Tara: 763-300-3146 [tburns@jfssp.org](mailto:tburns@jfssp.org)

### Jewish Family Service Caregiver Support Group

Jewish Family Service is offering a monthly education & support group for individuals caring for a loved one; whether at home or in the community.

#### ZOOM MEETINGS

2nd & 4th Monday of Every Month • 3–4 pm except holidays

REGISTER TO ATTEND ZOOM MEETINGS BY CONTACTING:

Tara Burns: [tburns@jfssp.org](mailto:tburns@jfssp.org) • 763.300.3146

## **PEARLS (Program to Encourage Active & Rewarding Lives) and PEARLS for Caregivers**

JFS offers PEARLS, a short-term counseling and life coaching program supporting people in taking manageable action steps towards improving their mood and well-being. The program offers 8 free in-home (ZOOM/phone during COVID) counseling sessions for older adults 55+ or caregivers living with low mood or depression.

Contact Tara Burns: [tburns@jfssp.org](mailto:tburns@jfssp.org) • 763.300.3146. There is no fee for this service; however, donations to the program are appreciated.

## **Senior Care Services**

Services available include:

- Care Planning
- Care Coordination
- Caregiver Coaching
- Advance Care Planning

Contact Bonnie Jaffe at 651-497-8248 or by email at [bjaffe@jfssp.org](mailto:bjaffe@jfssp.org). These are fee-based services; a sliding fee scale is offered for those who qualify.

## **Community Support Program**

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can refer yourself to this service.

Contact: Tara Burns 763.300.3146, [tburns@jfssp.org](mailto:tburns@jfssp.org)

The program is free, but donations are welcome.

## **Community Chaplaincy**

Our community chaplain is a Rabbi with additional training that includes Spiritual Care Emergency Response. Rabbi Lynn Liberman is available via telephone to offer support and connection. She will listen, provide insights from the Jewish tradition and acknowledge the challenges being faced by each of us at this time. Contact Rabbi Liberman at 651-434-4112 or by email at [liberman@jfssp.org](mailto:liberman@jfssp.org). There is no fee for this service; however, donations to the program are appreciated.

## **Counseling & Mental Health Services**

JFS therapists specialize in the assessment and treatment of a wide range of mental health issues.

Counseling is covered by a wide variety of health insurance plans. A subsidized sliding fee based on family income is also available for those without insurance.

Contact: 651-698-0767 or [info@jfssp.org](mailto:info@jfssp.org) to schedule an appointment.

## **Lewy Body Dementia Association**

### **Twin Cities Support Group for Persons with Lewy Body Dementia**

This group is aimed at persons in the early stages of LBD who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Caregivers are also invited, and those persons needing assistance should be accompanied by a caregiver.

### **Minnesota East Metro LBD Caregiver Support Group**

A support group for caregivers and family members of people with Lewy Body Dementia, and people in early stages of the disease. We provide a comfortable and compassionate place to share experiences, support, and resources as we journey with our loved one through the many phases of this disease. Run by trained volunteers and peers.

**These support group meetings are being conducted as Zoom meetings.**

**For information contact:** Paula Biever 651-641-0130 [paula.biever@gmail.com](mailto:paula.biever@gmail.com)

## **LBD Caring Spouses**

This is an online group for spouses and partners of persons with LBD. It is not Facebook and can be set up to send out emails with each message, a daily digest, or you can view the information on their website. Using the daily digest is recommended. A large variety of topics are discussed. It is easy to ask questions and find information in the various email threads that get created by participants.

[LBD Caring Spouses](#)

## **Little Brothers Friends of the Elderly**

### **Let's Do Lunch Café' Zoom Lunchbox Get-Together**

Let's Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection "on the house."

These virtual lunchbox gatherings offer an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment.

Let's Do Lunchbox Café is open for reservations every second Tuesday of the month and every fourth Friday of the month from 11:30 a.m. to 12:30 p.m.

[Sign up for email updates to look for the next zoom/lunchbox invite!](#)

We look forward to seeing you there!

Sponsor: Little Brothers Friends of the Elderly

### **Elder Friends – phone companions**

#### **Offering the power of friendship in today’s environment**

Elder Friends is a new program developed by Little Brothers Friends of the Elderly to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find more: [Little Brothers Phone Companions](#) or 612-746-0737

### **Coffee Talk**

If you're like us and feeling a little up and down these days, you just might enjoy a good phone chat. What a great pick-me-up! Pick up the phone, dial-in, connect with someone, have a good chuckle, share a good story, a memory, or whatever's on your mind. It's that easy!

If this sounds like something you would enjoy, join us at “the table” with your favorite morning beverage to start your day. Whether you like your java bold or light, we guarantee good company, total anonymity, and engaging conversation!

With words of encouragement and an understanding ear, LBFE volunteers will provide callers with friendly conversation, access to community resources, and opportunities to connect with others through LBFE programs.

Just pick up the phone and dial in for some friendly conversation!

**It's FREE.**

**877-238-2282 OR 612-746-0728**

**Monday through Friday between 8 am and Noon.** As the program expands throughout the state, program hours will be adjusted to accommodate increased call volume.

## **Lyngblomsten – 2<sup>nd</sup> Half with Lyngblomsten**

### **2nd Half with Lyngblomsten is expanding their Group e-Respite program for Persons Living with Dementia**

2nd Half with Lyngblomsten is filling open spots for its Group e-Respite program. Weekly morning sessions are currently being offered, and afternoon sessions will begin in mid-February 2021. Space is limited, so inquire soon.

The Group e-Respite program was developed by professionals with years of experience serving persons with dementia (including through our award-winning in-person group respite program The Gathering).

It provides one hour of engaging, creative activities for adults with dementia and provides care partners the opportunity to take a break while remaining at home.. The program is intentionally designed to meet each participant and care partner on their journey, providing dignified, high-quality content that covers various dimensions of wellness, including physical, social, emotional, cognitive, and spiritual activities.

Sessions are held Monday–Thursday in the morning and afternoon on a weekly basis. Each one-hour session is led by Lyngblomsten staff with a maximum of five participants. This low participant-to-staff ratio ensures each individual receives personalized attention. Participants attend the same session each week enabling them to connect and form friendships with others in their group.

Sessions are hosted online using Zoom, a video conferencing platform. Together, participants and staff stay engaged in 60 minutes of creative, brain-stimulating activities, including:

- Singing
- Storytelling
- Simple exercise activities
- Reminiscing and educational content
- Time to connect and socialize
- And more!

**Contact us at (651) 632-5320 or email us at [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) and indicate you'd like to participate in our Group e-Respite program.** Prior to enrollment, each participant and care partner will meet with a 2nd Half with Lyngblomsten staff member for an assessment. Meetings are conducted over the phone or A monthly contribution is requested based on a sliding fee scale.

### **Caregiver Services**

Being the best caregiver you can be includes caring for yourself. The 2nd Half with Lyngblomsten Caregiver Services team is here to help you on your caregiving journey. Our

staff is providing support and resources remotely during the COVID-19 pandemic, including via email, on the phone, and through online meetings. Services include:

- **Telephone Support (one-time or multiple sessions):** Speak over the phone with a member of our team. We will listen, provide reassurance and guidance, and/or provide resources for your caregiving journey. Participate in a one-time call or over multiple sessions.
- **Education & Access to Resources:** Connect with staff for educational materials and email updates to help you on your caregiving journey, which include activity ideas to try with your care partner during this time of social isolation.
- **Memory Loss Caregiver Support Groups (online):** Open to persons caring for someone experiencing Alzheimer's disease or a related dementia.
- **Caregiver Coaching:** Our staff are providing caregiver-coaching support to individuals who are providing care to an adult experiencing any form of dementia.
- **Group e-Respite (for persons with memory loss and their caregivers):** Our online Group e-Respite program provides one hour of engaging, creative programming for persons experiencing memory loss and a break for their caregivers. Multiple sessions held each week in the morning and afternoon.

For more information about any of our Caregiver Services, email us at [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) or call Lisa Brown at (651) 632-5320. Additional information is available at [www.lyngblomsten.org/caregiving](http://www.lyngblomsten.org/caregiving).

## Memory Loss Caregiver Support Groups

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. All groups are open to caregivers in the community via either Zoom (video) or using the telephone and last approximately one hour.

- 1st Tuesday each month at 10 AM
- 2nd Tuesday each month at 9 AM
- 3rd Thursday each month at 10 AM
- 4th Tuesday each month at 10 AM

To sign up or participate, please call 651-632-5320.

Visit our online catalog [March e-Bulletin](#) to learn more about our virtual programs. We hope you join us!

*Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act.*

## Roseville Area Senior Program

The Roseville Area Senior Program Caregiver Support group has been suspended during the pandemic through June.

Facilitators are available for current members as well as others in need of support and/or information. Informational/Educational Resources are being sent out to members by email. Please contact Sue at (651-633-6071) or [dhsvz@msn.com](mailto:dhsvz@msn.com) ; or Michelle at [michelle.caron@comcast.net](mailto:michelle.caron@comcast.net)

## St. Anthony Park Area Seniors

### St. Anthony Park Caregiver Support Group

We have moved to an online format through Zoom. We meet on the first Thursday each month from 10-11:30 am. If you would be interested in learning how to become involved, call 651-642-9052.

### “Hello Service” for Seniors

Would you benefit from a regular phone call to check on your welfare? Say hello to “Hello Service,” a new service from St. Anthony Park Area Seniors. “Hello Service” helps provide peace of mind when distance prevents regular contact with loved ones. “Hello Service” is available for seniors who live in our service area of St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue.

Participants in “Hello Service” receive a phone call from our staff, either daily (M-F) or weekly, depending on which level of service you choose. We can also make a monthly visit. Being physically separated from those you love can be stressful. Knowing that someone is checking in with you regularly can ease that stress.

For more information about Hello Service, including pricing, contact our office at 651-642-9052.

## Volunteers of America

**Culturally Responsive Caregiver Support and Dementia Services** is suspending in-person services such as caregiver support groups, senior breakfast, in-person outreach activities, trainings and home visits. We are encouraging the use of online meeting technology, phone conferences and other media as an alternative whenever possible.

For more information about these resources, including the African-American culturally-specific memory loss support group **Lill's Angels Support Group**, contact the **Helpline: 952-945-4034** or visit our website: [Volunteers of America - COVID19 Response](#)

## Wilder Foundation

### Powerful Tools for Caregivers

A six-session class that brings caregivers together to learn tools that help:

- Reduce Stress
- Improve self-confidence
- Manage time & set goals
- Locate helpful resources
- Improve communication
- Problem-solve & make tough decisions
- Cope with difficult emotions
- Gain support from others in the class

Fridays, March 5th – April 9th, 1:00 – 3:00 pm

The class link and further instructions will be sent out to those who register. Cost is \$15 per participant. Everyone will receive a copy of The Caregiver Helpbook.

For questions or to register:

651-280-2515 | [caregiving@wilder.org](mailto:caregiving@wilder.org) | [wilder.org/caregiving](http://wilder.org/caregiving)

### Caregiver Support Groups

Caregiver services can be accessed by calling 651-280-CARE (2273)

Email [caregiving@wilder.org](mailto:caregiving@wilder.org) or view our website at [Wilder Foundation / Caregiving](http://Wilder Foundation / Caregiving)

#### **Caregiver Coffee Hour - *First Friday, 9:00–10:30 a.m.***

Have a cup of coffee and a treat while chatting with other caregivers. Caregivers are welcome to drop in anytime during the coffee hour.

***Meeting in person again starting September 2020.***

#### **Memory Loss Discussion Group - *Second Thursday, 10:00-11:30 a.m.***

Caregiver support group for people caring for someone with dementia. On-site respite available for a fee. ***In-person and virtual option available for hybrid group. Meeting in person again starting July 2020.***

#### **Parkinson's Caregiver Support Group - *Fourth Wednesday, 10:00-11:30 a.m.***

Caregiver support for people caring for someone with Parkinson's disease. On-site respite available for a fee. ***In-person and virtual option available for hybrid group.***

#### **Adult Children Caregiver Support Group - *Third Wednesday, 6:00–7:30 p.m.***

Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition. ***In-person and virtual option available for hybrid group.***

#### **Wilder's Telephone Reassurance Service for Caregivers\***

Caring for family or a friend can be challenging. Your caregiving journey doesn't have to be!

That's why Wilder offers weekly check-ins so caregivers like you have someone to talk to about your caregiving responsibilities. Along with a phone call to see how you are doing, our trained staff and volunteers provide personalized guidance and resources to help you navigate your caregiving journey with peace of mind.

**Call 651-280 CARE (2273) or email [healthyaging@wilder.org](mailto:healthyaging@wilder.org) to sign up.**

Available for a voluntary donation.

\*Caregiver or the care receiver must be at least 60 years old to qualify

**In-person respite:**

Wilder Connect provides 4-hours of engaging activities, personal care and healthy meals for those living with memory loss and neurodegenerative disorders, offering rest and self-care time for Caregivers.

**Weekly Schedule:**

- **Tuesdays 10 a.m. – 2 p.m.**
- **Wednesdays 1 p.m. – 5 p.m.**
- **Thursdays 10 a.m. – 2 p.m.**

**Participants can expect:**

- To be in small groups of 10 or fewer people.
- Personal support from Wilder staff and volunteers, including assistance needed with hygiene.
- Engaging physical, cognitive and social activities such as exercise, arts & crafts, lively discussions, games and more.
- A healthy, delicious lunch.
- Clean, safe and sanitized space with daily health screenings, temperature checks and physical distancing measures to protect caregivers and clients during COVID-19.

**Cost:** \$104 per 4-hour day Includes all care, activities and meals

**Location:** Wilder Community Center for Aging 650 Marshall Ave., Saint Paul, MN 55104

*\*Caregivers and participants must arrange their own transport to and from the Community Center for Aging.*

For questions or to sign up:

**651-280-2294** | [wilderconnect@wilder.org](mailto:wilderconnect@wilder.org) | [Wilder Foundation / Caregiving](#)

**Caregiver Coaching & Consultation, Health & Wellness Education program and Home-Delivered Meals program continue.**

**Wilder Aging Services: Adult Day Health Program has been permanently cancelled.**