

# Care Partner Support during COVID-19 Restrictions

Updated July 24, 2020

## 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.

<https://www.health.state.mn.us/diseases/coronavirus/hcp/lccaregiver.pdf>

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.

Services are listed by service provider or name of 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)



**Caring Connections**  
For Care Partners of People Living with Dementia

The Dementia Action Alliance invites you to join us on the first & third Sunday of each month at 5:00 pm New York Time for an educational discussion to share and learn from other care partners.

**DAA Discussion ~ <https://zoom.us/j/4567882023>**

If you are a care partner (caregiver), family member, or close friend of a person living with dementia, Dementia Action Alliance ([daanow.org](http://daanow.org)) invites you to join our free **Caring Connections Discussion Group**.

Caring Connections will meet for one hour on the first and third Sunday of each month at 4:00 p.m. CDT. The link below will connect you to our free video chat - all you need is a phone, tablet, or computer with a camera.

<https://zoom.us/j/4567882023>

## East Side Neighborhood Services

### 1) East Side Caregiver Support Group

Wednesday July 15 & August 19 12:00-1:00pm **via Zoom Conferencing**

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations and the joys of caregiving? The East Side Caregiver Support Group is here to help in any way we can! In this supportive environment you can:

- 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!

Attendance is open to any older adult who is a caregiver and anyone caring for an older adult. 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 Liz Flavin at [LFlavin@esns.org](mailto:LFlavin@esns.org) or 612-787-4076.

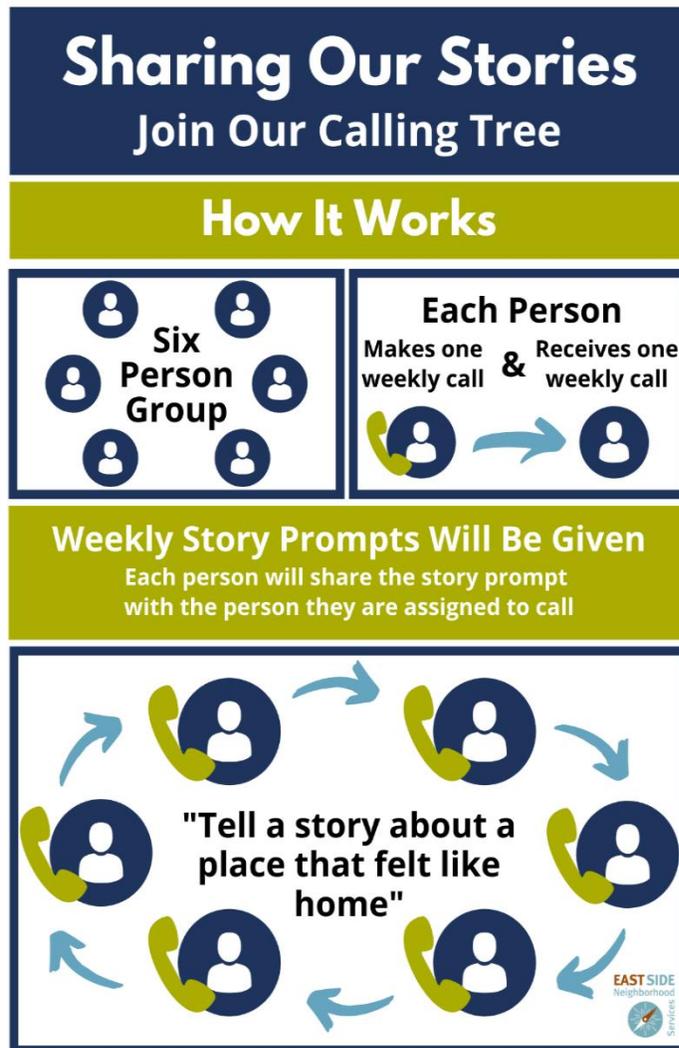
### 2) NE Day Spot Group Respite (Home Edition)

2nd and 4th Fridays of the month 10:00am – 11:00am **Via Zoom Conferencing**

Are you looking for creative ways to engage the person you care for while staying home? The NE Day Spot: Caregiver Respite (Home Version) is now gathering through Zoom until it is safe to meet in person again.

Designed to enrich lives of people with mild to moderate memory loss or other health problems, Home Version Zoom gatherings allow participants to stay connected to each other in a new way. Each gathering is an opportunity to share a virtual cup of coffee (or tea), our lives, and our stories with each other. There may even be live music on the calls from the Mid-Morning Music Makers.

For more information on how to get connected, contact Liz Flavin at **612-787-4076** or by email at [LFlavin@esns.org](mailto:LFlavin@esns.org). Note: There is no fee to participate in these Zoom gatherings, and newcomers are always welcome.



3) Join East Side's **Vital Fitness** all-abilities exercise group! Tune in weekly to the live video happening on East Side's Facebook page every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, click on the link [here!](#) Questions? Call 612-787-4086 or email [VitalLiving@esns.org](mailto:VitalLiving@esns.org)

4) How can we stay socially connected especially if we do not have access to the internet? One answer is in the "old" technology of our telephone and using it in a purposeful and fun new way. East Side Neighborhood Services is currently enrolling people who would like to be a part of **Sharing Our Stories Call Tree**. Help others who may not have internet access stay connected and make a new friend while staying at home.

The **Sharing Our Stories Call Trees** are groups of people who once a week call another participant and are, in turn, called by another

participant. We will assign people to a group and share the names and phone numbers with just the people in their group. Each group is limited to 6 participants.

Each week, the **Sharing Our Stories Call Tree** uses a story prompt like, "How did you come in live in the Twin Cities?" as a place to start a conversation. Sharing stories from our lives is powerful and life affirming.

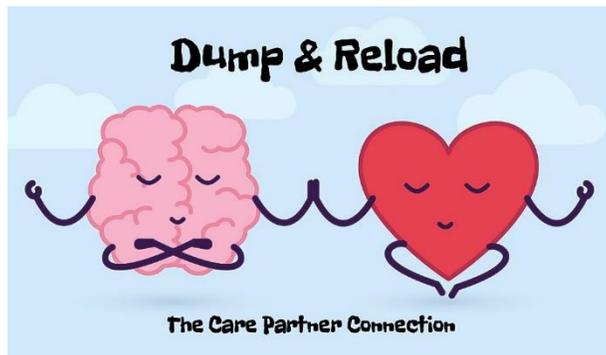
This will be an on-going project as long as it helps fill the need we all have for socializing and deepening friendships. Participants are asked to commit to making their calls for at least 4 weeks.

We all have life stories to share and a deep desire to hear stories from others. Sharing stories from our lives is not just giving our opinion about something-it is letting people know more about us and what shaped our lives-and often sharing a good laugh!

Our hope is that after the threat of the coronavirus has subsided, we can gather and celebrate sharing our stories in community.

To learn more, please contact us at [VitalLiving@esns.org](mailto:VitalLiving@esns.org) or call 612-787-4086.

## Embrace – 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: <http://www.embracingjourneys.com>

## FamilyMeans

Caregiving & Aging services

Counseling & Therapy

Financial Solutions

Center for Grief & Loss

### Web-based and Telephonic Services 2020

**Community Connection** – for persons with early memory loss

A chance for people with early dementia to explore possibilities, engage with others, and connect to community. It may also be respite for some caregivers. The summer session will take place on 4 Thursdays for one hour, all about the State Fair. Sweet surprises, animal visitors, fair memories, and music making. **Begins July 30th.**

**Powerful Tools for Caregivers** – for caregivers of any kind

Six-week evidence-based education program to help caregivers take care of themselves while caring for another. **Begins August 12th.**

**Journey Together** – for persons with early memory loss

A facilitated conversation group via Zoom. Persons living with dementia reminisce, share, discuss, and build mutual support. **Contact us for dates.**

**Virtual Coffee Break (Memory Café)** – for persons with memory loss and their caregivers

A time for caregivers and care receivers to socialize and connect with each other on the computer with a small group of people and Caregiving & Aging staff.

**Every Tuesday and Thursday.** Tuesdays at 10:00am and Thursdays at 2:00pm.

Email Heidi at [hricks@familymeans.org](mailto:hricks@familymeans.org) for more information and to sign-up.

**Caregiver Stress, Ambiguity & Resiliency During a Pandemic** - online caregiver education.

**August 11, 1-2:30 p.m.** Led by guest presenter, Ted Bowman.

**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:

[www.FamilyMeans.org](http://www.FamilyMeans.org)

For program updates: <https://www.familymeans.org/covid-19-updates.html>

**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 [www.facebook.com/fightmemoryloss](https://www.facebook.com/fightmemoryloss) 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.*

### **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:

Rabbi Cathy Nemiroff: [cnemiroff@sholom.com](mailto:cnemiroff@sholom.com) • 651.910.3113

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

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

PEARLS offers eight FREE one-on-one video streamed or phone support sessions for older adults and those who provide care. The skills and tools offered in the program help participants address life's problems and make ongoing plans to engage in a variety of pleasurable, meaningful activities. Contact Avi Zadaka at (651) 410-7822 or email him at [azadaka@jfssp.org](mailto:azadaka@jfssp.org). 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: Sara Wellington 651-230-4756 or [swellington@jfssp.org](mailto:swellington@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 [lilberman@jfssp.org](mailto:lilberman@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)

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

### **Let's Do Lunch**

Due to the uncertainty surrounding community transmission of COVID-19, we have decided to cancel our Let's Do Lunch Café in-person group gatherings until further notice.

We know these times can be challenging, and the support within our community is important. As an alternative to our normally scheduled group gatherings, we are offering an alternative phone-in gathering. Sign up for updates: <https://www.littlebrothersmn.org/lets-do-lunch-cafe/>

### **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: <https://www.littlebrothersmn.org/phone-companions/> or 612-746-0737

## Lyngblomsten

### 2nd Half with Lyngblomsten Caregiver Resources & Support during COVID-19 Restrictions

In response to the COVID-19 pandemic, Lyngblomsten Community Services has suspended many of its caregiver services offered through 2nd Half with Lyngblomsten. This includes **The Gathering** (group respite) and our **in-person support group meetings**. These programs are **suspended for the foreseeable future**, and we will reinstate them as soon as conditions allow.

#### Our staff continue to provide support and resources to caregivers remotely.

- We continue to provide our **Resource & Referral Program** and **REACH (Resources for Alzheimer's Caregiver Health)**. Both programs are conducted over the phone and via email. Visit their program pages for more information or contact us at 651.632.5320 or [lyngblomsten.cs@gmail.com](mailto:lyngblomsten.cs@gmail.com)
- We are sending daily emails to caregivers who are caring for persons with dementia. These emails contain resources and activity suggestions to use during this time of social isolation. If you would like to receive this email, please contact us at (651) 632-5320.

### Memory Loss Caregivers Zoom Support Groups NOW available through 2<sup>nd</sup> Half with Lyngblomsten Caregiver Services

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. Facilitators are trained through the Alzheimer's Association and Lyngblomsten. All groups are open to caregivers in the community. For those who are not comfortable with video conferencing, there is an option to "call in" using the telephone.

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

If you are interested in signing up or participating in a group, please contact: Jeanne Schuller, MSW - Caregiver Services Program Manager (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org). She will email you the link to participate. If you have not used Zoom before, she will help guide you through how to download the app and get comfortable videoconferencing before the group.

*The following websites have video tutorials on using Zoom:*

- <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>
- <https://www.youtube.com/watch?v=jZ0cU802Aac>

## 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)

## Volunteers of America

**Culturally Responsive Caregiver Support and Dementia Services** is suspending in-person services such as caregiver support groups, senior breakfast, and all other events for at least 30 days. In-person outreach activities, trainings and home visits will also be suspended. 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: <https://www.voamnwi.org/covid19-response>

## Wilder Foundation

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

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

A new Caregiver Respite service is scheduled to begin in the near future

### Caregiver support Groups:

**Caregiver Coffee Hour - Meeting in person again starting September 2020.**

**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.

**Memory Loss Discussion Group - Meeting in person again starting July 2020.**

**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.

**Parkinson's Caregiver Support Group - New group starting in person August 2020.**

**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.

**Adult Children Caregiver Support Group - Meeting in person again starting July 2020.  
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.

**For questions or to RSVP call calling 651-280-CARE (2273) or email [garegiving@wilder.org](mailto:garegiving@wilder.org).**  
Healthy Aging and Caregiver Services – Wilder Community Center for Aging  
650 Marshall Ave, Saint Paul, MN 55104