

Care Partner Support during COVID-19 Restrictions

Updated September 29, 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.

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 2nd & 4th 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.

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



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) 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.

[Caring Connections Video Chat](#)

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.

<https://daanow.org>

East Side Neighborhood Services

1.) Caring for You, Caring for Others - Tools You Can Use – Now & Later

Wednesdays, 12-1 PM, September 16 to October 21, via Zoom Conferencing

Join us for a six-week series via Zoom on resiliency, health and planning. For more information on how to get connected, **contact Liz Flavin at 612-787-4076 or by email at LFlavin@esns.org**

Upcoming topics and speakers:

- September 16: **How to Ask for Help - and Get a "Yes"**, Presenter: Liz Flavin, [ESNS](#) Caregiver Well-Being and Support Coordinator
- September 23: **Listening for and Coping with Loss**, Presenter: Ted Bowman, [Grief & Family Educator](#)
- September 30: **Mindfulness Activities for Healthy Aging**, Presenter: Ellie Peterson, Creator of the [Meditative Movement](#)™ technique
- October 7: **Powers of Attorney and Health Care Directives**, Presenter: Betsy Parrell, Attorney, [Mid-Minnesota Legal Aid](#)
- October 14: **Writing for Healing**, Presenter: Wendy Brown-Báez, Creator of [Writing Circles for Healing](#)
- October 21: **Palliative Care and Hospice: Information for Caregivers and Families**, Presenter: Jessica Hausauer, PhD, Executive Director, [Minnesota Network of Hospice and Palliative Care](#)

Note: There is no fee to participate in these presentations.

2.) Day Spot Coffee Hour

2nd and 4th Fridays of the month, 10:00 AM - 11:00 AM

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 jgrilliot@esns.org. Note: There is no fee to participate in these Zoom gatherings, and newcomers are always welcome.

3.) Pen Pal Partner (Home Opportunity)

It is less expected to find a personal piece of mail in our mailboxes these days. But it feels so great to have a letter with our name on it. Make someone's day by exchanging brief notes, artful pictures, or an old postcard once or twice a month.

We will match you with a community member who wants to share a kind note in return. To become a Pen Pal Partner or to learn about other engagement activities, please contact Jennifer Grilliot at jgrilliot@esns.org or 612-787-4104.

4.) Vital Fitness Home Edition

Tuesdays, 10:30-11:30 Via Facebook Live

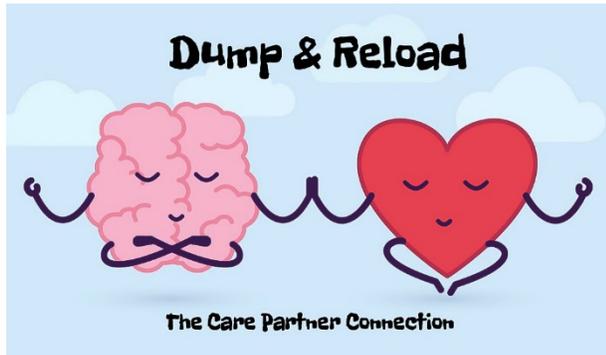
Join East Side's **Vital Fitness** all-abilities exercise group! Tune in weekly to the live video happening on East Side's Facebook [page](#) every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class,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

5.) Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation from our Vital Living staff member Liz! To listen, click [here](#) or go to the Videos section of our Facebook page at www.facebook.com/pg/ESNeighborhood/videos/

During high stress times, it's too easy to let self-care fall by the wayside. If caregiving for a relative, partner, neighbor, friend, or child is causing you stress, contact our Vital Living team at VitalLiving@esns.org for support and resources.

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

Caregiver Support Group: An opportunity to connect (via Zoom video conference), share, and receive support from caregivers as we navigate the complexity of caregiving during this unprecedented time. Space is limited to a small group each session.

Email Sarah Adams at sadams@familymeans.org for more information including how to join via Zoom.

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.**

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. Email Heidi at hricks@familymeans.org for more information and to sign-up.

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 for more information and to sign-up.

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

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.

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 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 • 651.910.3113

or Tara Burns: 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. 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. 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

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. 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 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 Bieber 651-641-0130 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.

<https://groups.io/g/LBDCaringSpouses>

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

Caregiver Services

Mondays - Fridays / online or over the phone

Being the best caregiver you can be means 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 including via email, on the phone, and through online meetings during the COVID-19 pandemic.

- Dementia Specific and General Caregiver Support Groups via Zoom
- Caregiver Coaching: REACH (Resources for Alzheimer's Caregiver Health)
- Telephone Support- we can provide resources you are seeking as a caregiver or for the person you are caring for or listen and provide reassurance and guidance.
- Emails for Caregivers with Activity Suggestions for Persons with Dementia- Are you looking for fun activities to do with your person with dementia? If so we will send you a daily email with ideas and tips.
- Info at www.lyngblomsten.org/COVID19-Caregivers.

For specific questions regarding Caregiver Services email us: lyngblomsten.cs@lyngblomsten.org or contact Jeanne Schuller at 651.632.5320. FREE

Memory Loss Caregivers Zoom Support Groups NOW available through 2nd 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.

Support Groups meet at the following times:

- 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

Each Support Group meeting lasts about one hour. Sign up for any time slot. Participation in support groups is FREE. 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

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.

For more information about these services visit our website at

<https://www.lyngblomsten.org/community-services/caregiver-resources/covid-19-caregiver-resources/>

Giving Care to YOU! Caregiver Educational Series ONLINE CLASS

Mondays, September 21- October 12 9:30-10:30 AM

Before the pressures of COVID 19 came along family caregivers were already challenged by keeping their self-care practices in tact while balancing the busy demands of caregiving. Now, after several months of going above and beyond, caregivers are doing the very best they can but feeling the effects of decreased socialization. This support and education series will provide caregivers with some new strategies for implementing self-care practices while offering encouragement for revisiting some existing practices that have been proven to make an impact on their well-being. This one-hour class will be offered through Zoom for 4 weeks. Each week, participants will view a 10-15-minute prerecorded education session with professional experts on the following topics:

- Rest, Sleep, and Relaxation
- Physical Well-Being and Exercise

- Mindful Moments and Guided Imagery
- Building Helping Networks and Accessing Mental Health Support

A facilitated and supportive discussion will follow the viewing of the videos. As a group we will learn from one another, share ideas, brainstorm ways of implementing realistic ways to start "filling up your tank" and outline personalized self-care action plans. You are not alone! Now more than ever, it is important to connect and share your journey with others.

Presenter/Teacher: This group will be facilitated by Jeanne Schuller, MSW. As the 2nd Half with Lyngblomsten Caregiver Program Services Manager she works one on one with caregivers and facilitates caregiver support groups. This group was formulated from the inquiries and needs expressed by the caregivers served.

Special Registration: Please contact Jeanne Schuller at jschuller@lyngblomsten.org or 651-632-5320 to complete caregiver registration for this course and receive the Zoom link for the course. Suggested donation: \$20. Registration required by September 15.

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 ; or Michelle at michelle.caron@comcast.net

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.

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

Caregiver Support Groups

Caregiver services can be accessed by calling 651-280-CARE

Email caregiving@wilder.org or view our website at wilder.org/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. ***New group starting in person August 2020.***

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

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.

Memory Loss Respite Group:

- Tuesdays 10 a.m. – 2 p.m.
- Thursdays 10 a.m. – 2 p.m.

Parkinson's Respite Group:

- Wednesdays 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 | wilder.org/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.