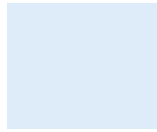


Are you a Caregiver?

If you do any of the following for a parent, spouse, or friend, the answer is YES.

- ▶ Manage financial or legal affairs
- ▶ Assist with transportation to appointments
- ▶ Prepare meals
- ▶ Assist with daily household chores
- ▶ Manage medications or provide other personal care
- ▶ Provide emotional support

Let HSI's Caregiver Counselor/Coach support you.



HSI

Resources for Elder Care
www.hsicare.org

Caregiver Support Services



Quality caregiving begins with you.

HSI

5650 Memorial Drive
Oak Park Heights, MN 55082
T: (651) 275-4317
mekern@hsicare.org

Your well-being is a priority.

HSI is Here for You

The responsibilities of caring for a loved one can be overwhelming. Whether you're struggling with the mixed emotions that can come along with the caregiving role or confused about how to identify services to meet your loved one's needs, HSI's caregiver support services can help.

- ▶ **Counseling/Coaching:** Assists you in attaining caregiving goals and supports you throughout the process.
- ▶ **Access Assistance:** Assists you in understanding and accessing available services and resources within your community for you and your loved one.

For more information contact Caregiver Counselor/Coach, Missy Ekern, at (651) 275-4317 or mekern@hsicare.org

Benefits of Caregiver Services

- ▶ Understand your role as a caregiver
- ▶ Become aware of the importance of caring for yourself
- ▶ Learn skills for caregiving/gain confidence
- ▶ Get insight into communicating within the family
- ▶ Feel supported
- ▶ Learn about community resources (for you and your loved one)
- ▶ Prepare for the future

Caregiver Support Groups

3rd Wednesdays 2:00 – 3:00 pm
2825 Woodlane Drive
Woodbury, MN 55125

4th Wednesdays 2:00 – 3:00 pm
5610 Norwich Parkway
Oak Park Heights, MN 55082

HSI is a member of Eldercare Partners. Eldercare Partners brings together the expertise and extensive senior service resources of five of the Twin Cities' most respected non-profit organizations:

Amherst H. Wilder Foundation
DARTS

HSI – Human Services Inc.
Senior Community Services
Volunteers of America of Minnesota

Caring for yourself helps insure your continued ability to care for another.

