



Programs That Could Help You Reduce Caregiver Stress

Program

Description

Caregiver Support Groups

Caregiver Support Groups provide information, education, encouragement and problem solving. It can help you find emotional support as you share your experiences with other family caregivers.

Caregiver Education and Training

Caregiver education and training can help you acquire new information and skills to care for yourself and others. It includes education about roles, managing stress, direct care skills, family dynamics, communicating with others, and legal and financial issues. Powerful Tools for Caregivers[®] is an example of an education program for those caring for older adults with long-term health issues. It helps reduce stress, improve communications, and master caregiving decisions.

[Click this link for information on Powerful Tools for Caregivers, and to find a class](#)

Respite Care

Respite Care (also known as a short break or short-term care) gives family and friend caregivers a break from caregiving responsibilities. Respite care can include personal care, supervision, nursing care, and other support. It can be provided in the home or out of the home in a community setting or a facility. Respite can be provided by non-profit agencies, home care agencies, trained volunteers, as well as family or friends. Respite can range from a few hours of care to overnight stays.



Caregiver Consultants

Caregiver Consultants are trained professionals who provide person-centered support for family and friend caregivers. The consultant helps you assess your situation and develop a plan tailored to your needs. A consultant can provide education about a chronic disease or condition, help you manage stress, deal with family dynamics, finding services, manage behavior and communications issues, balance work and caregiving, and create a support network. Some consultants specialize in family meetings and memory care support.

To find a caregiver consultant go to: www.minnesotahelp.info. Click on the Start a Search button. On the Search page, click on the Names tab, type in caregiver consultant and enter a location (optional). Click on the Start a Search button and scroll to find your results.

TCARE[®] (Tailored Caregiver Assessment and Referral)

TCARE[®] is a process proven to support your needs as a caregiver. A trained consultant will meet with you to identify strengths and needs and develop a plan – tailored especially for you. TCARE can help caregivers reduce stress, develop skills, make informed decisions and improve health for caregivers and the person they are caregiving for. Minnesota has 15+ TCARE certified assessors. For more information about TCARE go to [MinnesotaHelp.info - Online public information and referral portal](http://MinnesotaHelp.info) and click on the blue Start a Search button, click on the Keywords tab, and type in TCARE Certified. Click Start a Search to find a consultant.

Family Memory Care Consultants

Family Memory Care Consultants are trained professionals who support caregivers living with a family member with memory loss. A memory care consultant can help you assess your situation, understand memory loss and how it may progress over time, work with you and your family to develop a plan that best supports you, discuss strategies for coping with changes in personality and behavior, and assist you in finding services and support.