

Caregiving for Older Adults – A Part of Our Culture

Family and friends provide nearly all of the care for elders. You think of it as just helping out a relative or friend. But you ARE giving care, and that makes you a VERY important person.

Here are tips to consider:

1. You don't have to do it alone.

Know your limits. Accept help from others.

Find two people to help if you are sick or need to be away.

2. Take care of yourself.

Eat healthy and get some exercise each day.

Find a few minutes each day to relax. Meditation, prayer and relaxation exercises can relieve stress.

3. Knowledge can make your job easier.

Get a thorough medical exam. Talk with the doctor about the elder's diagnosis and treatment.

Contact your Health Care coordinator for help accessing medical services.

Complete an advanced health care directive to document wishes.

4. Services are available to help you provide care.

Call the Senior LinkAge Line® (SLL) 1-800-333-2433 to find services (e.g., chores, meals, or personal care) and options to pay for care. Interpreters are available.

5. Services are available to support YOU as you provide care.

SLL can help you find service so you feel more prepared and confident to provide care.

Take a break-Respite Ask family, friends, neighbors, or respite programs for help. Adult day care may be an option. Take this time to do something you enjoy.

Find someone to talk to.

- **Support Groups** offer a chance to talk to others with similar experiences, get support and information.

- **Consultation/Coaching** helps you find the best way to provide care while maintaining work and family life. This includes problem-solving, coping with daily challenges, and on-going support.

Education about legal and financial issues, self-care, communicating with others, and finding resources.

Examples of Services:

Here are a few examples of services to help you provide care, or support YOU as a caregiver. This is not a complete list. Please let us know if you have others.

Healthcare Directives in Spanish, Somali, Hmong

<http://www.metrodoctors.com/dev/index.php/healthcare-directives>

Latino

Centro Tyrone Guzman

1915 Chicago Ave.

Minneapolis, MN 55404

Tel: 612-874-1412

Email: infocenter@centromn.org

Website: <http://centromn.org/>

CLUES

Aging Well Services and Adult Day Center

882 Robert Street, S.

W. St. Paul, MN 55118

651-379-4281

Email contact: ashelton@clues.org

Website: http://www.clues.org/wp_english/

Legacy Adult Day Care

800 Boone Ave N Ste 150, Golden Valley, MN, 55427

(763) 231-8898

Email contact: lugaz@hhcare.net

Website: <http://www.hhcare.net>

Cambodian

United Cambodian Association of Minnesota and Adult Day

1385 Mendota Heights Rd Suite 500

Mendota Heights, MN 55120

Tel: (651) 222-3299

Email: info@ucamn.org

Website: <http://ucamn.org/elderly-program/>

Adult Day

Hmong American Partnership- Adult Day

1075 Arcade St, St. Paul, MN, 55106

(651) 495-9160

<http://hapcommunications.wix.com/hap-website-3#!hw/c1tn5>

Somalian

Brian Coyle Center

420 15th Avenue S

Minneapolis, MN 55454

Tel: 612-338-5282

Vietnamese Social Services

277 University Avenue West

Saint Paul, Minnesota 55103

651-641-8904

Adult Day

Meisa Care Group- Adult Day

970 E Hennepin Ave, Minneapolis, MN, 55414

(612) 454-4175

<https://secure.meisaadultdaycare.com/HomePage.aspx>

Prairie Adult Care Inc.

16200 Berger Dr, Eden Prairie, MN, 55347

(952) 949-3126

ke.pac.inc@gmail.com

www.prairieadultcare.com

Hmong

CAPI

Caregiver and Eldercare Services

3702 East Lake Street

Minneapolis, MN 55406

612-721-0122

http://www.capiusa.org/?page_id=89

General Email info@capiusa.org

CAPI's North Office

1315 Penn Ave N. Suite 214

Minneapolis, MN 55411

612-588-3592 Phone

CAPI's Food Shelf

310 E 38th Street Suite 29

Minneapolis, MN 55409

612-719-7921 Phone

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1075 Arcade St, St. Paul, MN, 55106

(651) 495-9160

<http://hapcommunications.wix.com/hap-website-3#!hw/c1tn5>

Pebmoob Senior Center

899 Payne Ave, St. Paul, MN, 55130

(651) 489-8567

Asian Community Center LLC

710 Arcade St, St. Paul, MN, 55106

(651) 379-0111

Metro Senior Center

1209 Glenwood Ave, Minneapolis, MN, 55405

(612) 374-3383

song@metroseniorcenter.com

<http://www.metroseniorcenter.com>

Volunteers of America MN/WI

Park Elder Center

1505 Park Ave, Minneapolis, MN, 55404

(612) 377-4472

bvue@voamn.org

<http://www.voamnwi.org/hmong-elder-connections>

Wingspan Life Resources

Tsev Laus Kaj Siab

948 Rice St, St. Paul, MN, 55117

(651) 488-2768

tdavis@wingspanlife.org

www.wingspanlife.org/our-programs/tsev-laus-kaj-siab

Kashia Adult Day Services

5650 Lilac Drive

Brooklyn Center, MN 55430

(763) 566-4000

Lao Senior Healthy Life Center

1501 W. Broadway

Minneapolis, MN 55411

(612) 529-4570