



*Working together for  
family caregivers*

The Metropolitan Caregiver Service Collaborative (MCSC) is a voluntary organization made up of member agencies committed to supporting family caregivers of seniors. The collaborative encompasses agencies within the seven-county area of Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington.

The purpose of the MCSC is for caregiver service providers to come together to share knowledge, promote caregiver services, and strengthen public policies for family caregivers.

Our vision for the future is that our community will recognize, value, and sustain the work of family caregivers.

The following list includes member organizations that support Metro Area caregivers.

<b>Organization Phone Website Service Area</b>	<b>Respite</b>	<b>Group Education</b>	<b>Skills Training</b>	<b>Support Groups</b>	<b>One/One Coaching, Consulting, Education</b>
Alzheimer's Association Minnesota/North Dakota 800-272-3900 <a href="http://alz.org/mnnd">alz.org/mnnd</a> Statewide		X		X	X
Anoka Co. Family Caregiver Connection 763-422-6960 <a href="http://co.anoka.mn.us">co.anoka.mn.us</a> (search under cg.) Anoka County	GR IH	X	X	X	X
Catholic Charities 651-647-2290 <a href="http://ccspm.org">ccspm.org</a> services/family services/ caregiver support Carver, Hennepin, Ramsey, Scott	IH				X
CAPI 612-721-0122 <a href="http://capiusa.org">capiusa.org</a> 7 County Metro area	X	X		X	X
CLUES Comunidades Latinas Unidas En Servicios 651-379-4280 <a href="http://clues.org">clues.org</a> 7 County Metro area	AD			X	X
DARTS 651-455-1560 <a href="http://darts1.org">darts1.org</a> & <a href="http://caregiverMN.org">caregiverMN.org</a> Dakota	IH	X		X	X

Organization Phone Website Service Area	Respite	Group Education	Skills Training	Support Groups	One/One Coaching, Consulting, Education
Eldercare Partners 651-234-2262 <a href="http://eldercarepartners.org">eldercarepartners.org</a> 7 County Metro area					X
ElderCare Rights Alliance 651-789-6751 <a href="http://eldercarerights.org">eldercarerights.org</a> 9 County Metro area		X			X
FamilyMeans 651-439-4840 <a href="http://familymeans.org">familymeans.org</a> Washington	IH GR	X		X	X
Jewish Family Service of St. Paul 651-698-0767 <a href="mailto:info@jfssp.org">info@jfssp.org</a> Ramsey, Dakota and Washington				X	X
Jewish Family & Children Services of Minneapolis 952-546-0616 <a href="http://jfcsmpls.org">jfcsmpls.org</a> Hennepin	AD IH	X			X
Korean Service Center 612-339-0009 <a href="mailto:mparkahn@gmail.com">mparkahn@gmail.com</a> 7 County Metro	IH	X	X		X
Living at Home Network 651-209-6542 or 651-646-2301 <a href="http://blocknurse.org">blocknurse.org</a> or <a href="http://elderberry.org">elderberry.org</a> Hennepin & Ramsey and some greater MN sites	GR IH	X	X	X	X
Lyngblomsten 651-414-5291 <a href="http://lyngblomsten.org">lyngblomsten.org</a> Select Support Services- The Gathering Dakota, Ramsey & Hennepin	GR			X	
MN Adult Day Services Association 763-464-2698 <a href="http://madsa.org">madsa.org</a> Statewide	AD			X	
Nurturing Older Adults at Home (NOAH) 763-754-1152 <a href="http://fcnntc.org">fcnntc.org</a> Faith Community Nurses of Greater Twin Cities		X	X	X	X
Senior Community Services 952-541-1019 Ext. 308 <a href="http://seniorcommunity.org">seniorcommunity.org</a> Hennepin, portions of Carver & Wright		X		X	X
University of Minnesota Memory Clinic 612-273-8720 <a href="http://memory.umn.edu">memory.umn.edu</a>					X

Organization Phone Website Service Area	Respite	Group Education	Skills Training	Support Groups	One/One Coaching, Consulting, Education
VA Medical Center 612-467-2013	X	X	X	X	X
Vietnamese Social Services 651-644-1317 <a href="http://vssmn.org">vssmn.org</a> 7 County Metro area	AD			X	X
Volunteers of America MN 612-617-7836 <a href="http://voamn.org">voamn.org</a> Hennepin	AD IH	X	X	X	X
Amherst H. Wilder Foundation Community Services for Aging 651-280-2538 <a href="http://wilder.org">wilder.org</a> East Metro	AD	X		X	X

**For assistance in identifying and connecting with additional services and resources across Minnesota or for more information, call Senior LinkAge Line® at 1-800-333-2433 or go to: [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)**

### Service Descriptions

#### **Respite**

Offers caregivers time away from providing care and companionship, supervision and/or social activities to the person for whom they care.

- In- Home Respite (IN) - provided in the home by a volunteer or paid staff
- Adult Day Services (AD) - structured program that offers a variety of health, social and other related support services. Visit <http://www.dhs.state.mn.us/Licensing/ProgramLists> for licensing information lookup for adult day centers and family adult day services.
- Group Respite (GR) - day program staffed by volunteers that offers activities and socialization.

#### **Group Education**

Sessions provided in community setting and that focus on legal and financial issues, self-care, communicating with health professionals, community resources and other issues.

#### **Skills Training**

One-to-one training on hands-on-care and managing challenging behaviors.

#### **Support Groups**

Group sessions which offer caregiver education, information about community resources, emotional support and networking with other caregivers. Most groups meet in-person but groups are also available by telephone or via the internet.

#### **One-to-One Consultation/Coaching**

Consultation includes an assessment to help caregivers find the best way to provide quality care while maintaining a healthy, balanced lifestyle. The consultant supports the caregiver to set goals and develop a plan to reach these goals, problem-solve, connect with services and resources, cope with the daily challenges of caregiving and provides on-going support. Family meeting facilitation is offered by select organizations.