

RESOURCES FOR CAREGIVER SUPPORT

There are a variety of resources available to Minnesota residents who are searching for additional help to take care of their loved ones. Senior Linkage Line and Lutheran Social Services are two Minnesota statewide resources that help older adults, their families, and caretakers to find supportive services such as support groups, education, respite care, home care services and many more

Additionally, there are many caregiver resources that may be closer to home. Caregiver resources includes a diverse range of services aimed at assisting individuals taking care of loved ones.

Listed below are resources in the Allina Health service area in two categories: Caregiver Consultations and Education, and Support Groups for Caregivers.

MINNESOTA STATEWIDE RESOURCES

LUTHERAN SOCIAL SERVICES

651-642-5990/ 800-582-5260

lssmn.org/services/older-adults/caregiver-support-respite

SENIOR LINKAGE LINE

800-333-2433

mn.gov/senior-linkage-line/caregivers/tips-for-caregivers/

CAREGIVER CONSULTATIONS AND EDUCATION

The following resources provide caregiver consultation and/or education. Educational materials offer valuable information on caregiving techniques, stress management, and navigating healthcare systems. Additionally, consultation and counseling services offer emotional support addressing the challenges caregivers face.

ANOKA

ANOKA COUNTY FAMILY CAREGIVER CONNECTION

763-324-4000;
anokacountymn.gov/655/Family-Caregiver-Connection

CARVER

SENIOR COMMUNITY SERVICES CAREGIVER COACHING AND CONSULTATION

952-541-1019 / 952-541-0841
seniorcommunity.org/services/caregiver-support/

DAKOTA

OPEN CIRCLE CARE CONSULTATION

952-236-2524
opencircle.org/caregiver-support/

HENNEPIN

OPEN CIRCLE CARE CONSULTATION

612-843-4940 (Minneapolis) / 952-935-8143 (Hopkins)
opencircle.org/caregiver-support/

SENIOR COMMUNITY SERVICES CAREGIVER COACHING AND CONSULTATION

952-541-1019/ 952-541-0841
seniorcommunity.org/services/caregiver-support/

ISANTI

FAMILY PATHWAYS CAREGIVER SUPPORT PROGRAMS

320-364-9152 (North Branch location)
familypathways.org/our-work/aging-services/caregiver-support-programs/

CAMBRIDGE SENIOR ACTIVITY CENTER

763-689-6555
cambridgesac.org/

PIERCE, WISCONSIN

PIERCE COUNTY, FAMILY CAREGIVER SUPPORT PROGRAM

715-273-353
[https://www.co.pierce.wi.us/departments/aging_and_disability_resource_center\(adrc\)/programs_support_services/family_caregiver_support_program.php](https://www.co.pierce.wi.us/departments/aging_and_disability_resource_center(adrc)/programs_support_services/family_caregiver_support_program.php)

RAMSEY

KEYSTONE COMMUNITY SERVICES CARE

CONSULTATION

651-917-3792
keystoneservices.org/seniors/care-consultation/

RICE

THREE RIVERS COMMUNITY ACTION CAREGIVER SUPPORT

507-316-0610
threeriverscap.org/older-adults/family-caregiver

SCOTT

SENIOR COMMUNITY SERVICES CAREGIVER COACHING AND CONSULTATION

952-541-1019/ 952-541-0841
seniorcommunity.org/services/caregiver-support/

START SENIOR SOLUTION EDUCATION

952-215-7052
startseniorsolutions.org/start-education

ST. CROIX, WISCONSIN

ST. CROIX COUNTY CAREGIVER SUPPORT

715-381-4360
sccwi.gov/159/Caregiver-Support

AGING AND DISABILITY RESOURCES CENTER OF NORWEST WISCONSIN (ADRC)

877-485-2372.
adrcnwwi.org/services/

STEELE

HEALTHY SENIORS OF STEELE COUNTY

507-774-7648
<https://www.healthyseniorsmn.org/about%20>

SEMCAC SENIOR AND CAREGIVER ADVOCACY

507-450-8848
semcac.org/senior-caregiver-advocacy/

WASHINGTON

FAMILY MEANS CAREGIVER EDUCATION

651-439-4840
familymeans.org/education-for-caregivers.html

WRIGHT

SENIOR COMMUNITY SERVICES CAREGIVER COACHING AND CONSULTATION

952-541-1019/ 952-541-0841
seniorcommunity.org/services/caregiver-support/

CAREGIVER SUPPORT GROUPS

Support groups, both in- person and online, provide a space for caregivers to share experiences, strategies, and advice.

ANOKA

ANOKA COUNTY FAMILY CAREGIVER CONNECTION

763-324-4000;

anokacountymn.gov/655/Family-Caregiver-Connection

BROWN

COMMUNITY AND SENIORS TOGETHER (CAST) CAREGIVER SUPPORT GROUP (PROVIDED BY LUTHERAN SOCIAL SERVICES)

507-354-3212

communityandseniorstogether.org/ (does not include support group information)

CARVER

SENIOR COMMUNITY SERVICES CAREGIVER SUPPORT GROUPS

952-541-1019/ 952-541-0841

seniorcommunity.org/caregiversupportgroups/

DAKOTA

HASTINGS COMMUNITY EDUCATION

651-480-7670

hastingscommunityed.com/seniors/senior-services/

THE FOUNTAINS AT HOSANNA

952-435-7199

thefountainsathosanna.com/caregiver-support-group.html

HENNEPIN

SENIOR COMMUNITY SERVICES CAREGIVER SUPPORT GROUPS

952-541-1019/ 952-541-0841

seniorcommunity.org/services/caregiver-support/

NORMANDELE CENTER FOR HEALING AND WHOLENESS CAREGIVER SUPPORT SERVICES

952-929-1698

normandalecenter.org/caregiver-support

ISANTI

FAMILY PATHWAYS CAREGIVER SUPPORT PROGRAMS

320-364-9152 (North Branch location)

familypathways.org/our-work/aging-services/caregiver-support-programs/

CAMBRIDGE SENIOR ACTIVITY CENTER

763-689-6555

cambridgesac.org/

PIERCE, WISCONSIN

PIERCE COUNTY, FAMILY CAREGIVER SUPPORT PROGRAM

715-273-353

[co.pierce.wi.us/departments/aging_and_disability_resource_center\(adrc\)/programs_support_services/family_caregiver_support_program.php](http://co.pierce.wi.us/departments/aging_and_disability_resource_center(adrc)/programs_support_services/family_caregiver_support_program.php)

RAMSEY

WILDER FOUNDATION SUPPORT GROUPS FOR CAREGIVERS

651-280-2273

https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services?gad_source=1&gclid=Cj0KCQjw7Z00BhDYARIsAFttkCgPg9mqQ8qzhtcZhHLifV0xY1Es0ieajnsq9jYX-h6jxTtoy2L-56gaAjVrEALw_wcB

RICE

BUCKHAM WES FAMILY CAREGIVER SUPPORT GROUP

507-332-7357

buckhamwest.org/services-and-programs/

SCOTT

SENIOR COMMUNITY SERVICES CAREGIVER SUPPORT GROUPS

952-541-1019/ 952-541-0841

seniorcommunity.org/services/caregiver-support/

ST. CROIX, WISCONSIN

ST. CROIX COUNTY CAREGIVER SUPPORT

715-381-4360

sccwi.gov/159/Caregiver-Support

AGING AND DISABILITY RESOURCES CENTER OF NORTHWEST WISCONSIN (ADRC)

877-485-2372

adrcnwwi.org/services/

STEELE

HEALTHY SENIORS OF STEELE COUNTY

507-774-7648

healthyseniorsmn.org/about

WASHINGTON

FAMILY MEANS CAREGIVER SUPPORT GROUPS

651-439-4840/ 800-327-3203

familymeans.org/caregiver-support-groups.html

WRIGHT

CROW RIVER SENIOR CENTER SUPPORT GROUPS

612-804-0968

[mnseniorcenters.org/crow-river-senior-center/
crsc-support-groups/](https://mnseniorcenters.org/crow-river-senior-center/crsc-support-groups/)

SENIOR COMMUNITY SERVICES CAREGIVER SUPPORT GROUPS

952-541-1019/ 952-541-0841

seniorcommunity.org/services/caregiver-support/