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**


**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/](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](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

**Prairie Adult Care Inc.**
16200 Berger Dr, Eden Prairie, MN, 55347
(952) 949-3126
ke.pac.inc@gmail.com
[www.prairieadultcare.com](http://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

Hmong American Partnership- Adult Day
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