

CAREGIVER: An individual who provides care to a child or adult who has health or independence needs.

“After my husband was diagnosed with dementia, I didn’t know what to do next. What supports are out there? FamilyMeans knew where to start and helped us as we navigated this new reality. I don’t know where I would be without FamilyMeans.”
- Caregiving & Aging Client



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FamilyMeans

CAREGIVING & AGING

Better is possible.



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Fees: No client is refused services for inability to pay. Program fees are based on a sliding scale. Funded under award with Trellis as part of the Older Americans Act.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender identity, color, race, creed, national origin, disability, religious affiliation, or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice.





FamilyMeans

BETTER IS POSSIBLE

Support is here.

At FamilyMeans, our work is life's challenges. We listen without judgment, offer encouragement, and believe in you even when you might not. You can count on FamilyMeans.

Non-profit established in 1963.

- Counseling & Therapy**
- Center for Grief & Loss**
- Caregiving & Aging**
- Financial Solutions**
- Youth Development**
- Employee Assistance**

Caregiving & Aging

Support for Caregivers, Family, & Community

Coaching & Consultation

Experienced staff members help caregivers find ways to provide care while maintaining a healthy and balanced life.

- Solve problems/cope with daily challenges
- Facilitate family support discussions
- Plan ahead for what's to come

Support Groups

Join facilitated groups with other caregivers to learn and reinforce self-care, give and receive encouragement, and enjoy support and understanding from others.

In-Home and Group Respite

Respite breaks give caregivers time to themselves, assured that the person they care for is comfortable and safe. Respite provides non-medical companionship, supervision, and a friendly face for care receivers.

Education

Learn the tools you need to take care of another, while also taking care of yourself. Come to our sessions or host one for your organization or group. Popular topics include:

- Dynamics of dementia
- Virtual reality simulations
- Communication techniques
- Living with Parkinson's disease

Support for People Living with Dementia

Dementia Consultation

Individual consultation for the person living with early-stage dementia or mild cognitive impairment (MCI).

Support Groups

Facilitated support group for individuals with early-stage dementia or MCI.

Memory Cafes

Social gatherings for people with dementia and their care partners.

Social Connection Groups

Opportunities for social stimulation and community learning for persons living with dementia or other chronic conditions.

Getting Started

Connect with our Caregiving & Aging staff to learn more and schedule an appointment.

Contact us today at 651-439-4840, submit an online inquiry at FamilyMeans.org, or email familymeans@familymeans.org.

Services are available in person and virtually.

Visit FamilyMeans.org for additional online resources and tools.