



**FamilyMeans**  
CAREGIVING & AGING

## Respite Breaks for Caregivers

FamilyMeans is here to support you as you care for a child or adult who has a chronic illness, disability or frailty. Taking a break (respite) from caregiving is important. FamilyMeans provides several respite options to

- Give caregivers time to themselves, assured that the person they care for is comfortable and safe
- Provide non-medical companionship, supervision and a friendly new face
- Help caregivers and care receivers enjoy connecting with others

### **In-Home Respite:**

Regularly scheduled visits are provided at your home by volunteers who are screened, trained and carefully matched and monitored to meet your family's needs. It is typical for the volunteer to come weekly for 2-4 hours.

### **Group Respite:**

Caregivers of older adults can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.

#### **Day Out!**

Participants enjoy group discussions, creative projects, music, exercise, games and fun. Volunteers provide personalized attention to each participant. Every Friday, 10am – 2pm, in Stillwater.

#### **Saturday Connections**

Caregivers and the person they care for enjoy time together, connect with others and share a family-style lunch. Caregivers take a break from their normal routine while FamilyMeans staff and volunteers manage all the details. Second Saturday of each month, 10am – 1pm, in Lake Elmo.

Please connect with our staff at 651-439-4840 to learn more about these respite options or other services that might help.

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