



Better is possible.



FamilyMeans
CAREGIVING & AGING



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Am I a caregiver?

Caregiving takes many forms.

The help you provide to a child or adult who has health or independence needs is caregiving. Some caregivers assist with daily living necessities, while others provide occasional care or are concerned from afar.

Caregivers may offer social and emotional support, handle finances, prepare meals, manage medications, provide transportation, or assist with personal care.

Each situation is different. FamilyMeans Caregiving and Aging staff helps caregivers with their unique caregiving challenges.

I've never done this before. It's all so new.

You are not alone. Others are learning about caregiving—and aging—too. Through support groups and education programs, FamilyMeans offers encouragement, tools, and hope.

Care means giving
and receiving.



Am I doing this right?

We believe in you. With coaching and consultation, FamilyMeans can help you gain confidence, learn new skills, and guide your family through making plans and decisions. Together, we can sort things out even if you're not sure where to start.

I think I need a break.

It's important to take time for yourself. FamilyMeans provides substitute support you can trust. A respite volunteer is available to go to your home, or your loved one is welcome to spend time in a group at a FamilyMeans location to give you the break you need.

How can I be part of this important work?

Become a FamilyMeans volunteer. Host a caregiving or aging education session at your workplace or other community group. Join the effort to create a community that is welcoming and livable for people of all ages, abilities, and needs.

Online Tools

In Partnership with Roobrik

Take a quick online assessment to learn more about your care needs and which options are the right fit for you.

www.familymeans.org/online-tools.html



Contact Us.

FamilyMeans is here to support you as you care for a child or adult with a chronic illness, disability or frailty. FamilyMeans can help you through your caregiving journey.

Connect with our staff by calling **651-439-4840** or visiting www.familymeans.org

Support is here.

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

Please contact FamilyMeans Caregiving and Aging program at **651-439-4840** or, for TDD, the Minnesota Relay Service at 711.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender, race, 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.

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