



Caregiving Resources

Many of us have stepped into a caregiving role, which is “a family member, friend or neighbor who takes care of an older adult.” In Minnesota, one in six adults is a caregiver. Caregiving activities range from lawn mowing to grocery shopping to basic medical care.

The Amherst H. Wilder Foundation of Minnesota has completed a study in St. Paul with some surprising results. The average caregiver is a 50-year-old woman, working a full-time job, who spends about 20 hours each week providing unpaid care for an older adult. However, caregiving does not have to be a one person job.

With our aging population, a number of specialized organizations have determined there will not be enough services for elderly citizens in the near future and want to help the general population prepare for that. These organizations currently offer tips and tools to help us become “the best caregiver you can be,” including ideas to help us deal with stress and responsibility. For example, the Minnesota Board on Aging has a number of practical guides and brochures available at <http://www.mnaging.net>.

The Wilder Foundation itself offers caregiver education, one-on-one and group consulting, as well as having service providers available through its outreach care management program. For more information, please see their Caregiving Resource Center at <http://www.wilder.org/Programs-Services/caregiving-resource-center>. The Wilder Foundation is hosting “Powerful Tools for Caregivers” a six session class designed to provide caregivers with the tools they need to take care of themselves. Sessions are Tuesdays beginning March 18 from 1:30-3:30 p.m. Contact the Lyngblomsten 551 Club at 651-632-5330 for further information.

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Sources: Wilder Foundation, Minnesota Board on Aging