

Care Partner Support during COVID-19 Restrictions

Updated December 1, 2020

Special Announcement!

Essential caregivers allowed to visit residents in long term care residences

Recognizing the critical role family members and other close, outside caregivers have in the care and support of residents, and recognizing how they advocate for the resident, it is strongly recommended LTC facilities develop a process to designate essential caregivers (EC) where appropriate. An EC could be an individual who was previously actively engaged with the resident or is committed to providing companionship and/or assistance with activities of daily living.

Essential caregivers will be able to visit and interact with their resident. Please see this statement by the MDH for more information.

[MDH LTC Caregiver Guidance](#)

This policy is not a requirement but a recommendation. If you consider yourself an essential caregiver for someone in a residence, please contact the residence to see what they plan to do with this recommendation.

New Visitation Guidance for Long Term Care residences!

This is in addition to the Essential Caregiver and Compassionate Care visits.

On Sept. 17, 2020, the federal government, specifically the Centers for Medicare and Medicaid Services (CMS), issued updated visitation guidance for nursing homes to allow for more visitation. On October 12, 2020, the Minnesota Department of Health revised their guidelines to accommodate these updates. If you are not in Minnesota, check to see how your state has adapted to these new Medicare recommendations.

In-person visits should be allowed when both of the following criteria are met:

- The facility has not had a COVID-19 exposure from a positive resident or employee in the last 14 days, AND
- The two-week county COVID-19 test-positivity rate is $\leq 10\%$, placing the facility in the low-risk or medium-risk category.

Only essential caregiver and compassionate care visits should be allowed when one or both of the following criteria are met:

- The two-week county COVID-19 test-positivity rate is $>10\%$, placing the facility in the high-risk category, AND/OR
- The facility has had a COVID-19 exposure from a positive resident or staff in the last 14 days.

More details here:

[LTC Visitation and Activities – MDH Guidelines](#)

Minnesota also has issued guidance on essential caregiver and compassionate care visitations. While essential caregiver visits allow facilities the option to offer them, compassionate care visits are mandatory and can be for visits beyond just end-of-life care and even when there is an outbreak of the coronavirus in the facility.

If you have concerns about the health and safety of your loved one or are having problems visiting them in a facility, please contact the [Minnesota Long-Term Care Ombudsman](#) at 800-657-3591.

Support Groups and Services are listed by service provider or name of the event in alphabetical order. If you do not see anything about a support group or service you normally use, contact the service provider or facilitator of that service.

If you choose to participate in online support groups, observe the same care in restricting your personal information as you would observe in any other online interaction or interaction with a stranger.

Some of these are new services that address social isolation.

Support Groups and Services

AARP Caregiver Support Line - Toll-free [caregiving support line](#) is available Monday-Friday, 6 a.m. to 10 p.m. CST at 1-877-333-5885. The support line is also available in Spanish, at 1-888-971-2013.

Alzheimer's Association – support groups

Due to the COVID-19 pandemic, all support groups scheduled through April will be hosted via phone or video conference instead of in-person. Meetings scheduled for May and June will be assessed at a later date. Please contact our 24/7 Helpline (800.272.3900) for details.

Arthurs Memory Café

Arthur's Memory Café meets virtually the 2nd & 4th Wed each month. We start at 1pm and will go for an hour or two depending on the need of the group that attends. These will be Zoom meetings (video conferencing) and people could attend by phone if they don't have a computer, iPad or smart phone with a camera and microphone. Contact: Lori La Bey at 651-748-4714 or email Lori@AlzheimersSpeaks.com.

Brightondale

Dementia Support Group & Monthly Education

Support and education for anyone with a friend or family member with Alzheimer's or other types of Dementia. This small support group discusses a variety of topics including the stages of Dementia, how to care for yourself as a caregiver, ways to adapt activities and hobbies for someone with Dementia and tips on navigating the disease.

Facilitator: Amy House is a trained facilitator with the Alzheimer's Association and an Independent Certified Trainer in Teepa Snow's Positive Approach® to Care.

Meetings are held the first Thursday of every month at 6pm and the third Monday of every month at 2:30pm via phone or Zoom

Contact: Amy House 651-746-5611 or ahouse@brightondale.com

Dementia Action Alliance

This group is for and organized by people in the early stages of dementia. They have weekly chats and discussions and also have a program called Dementia Mentors which matches people with similar experiences to provide assistance and companionship through online and telephone conversations.

For a current schedule of weekly discussion topics: [Online Discussions](#)

Programs for persons living with dementia at home in assisted living: [Online Programs](#)

One-on-one Mentor Sessions and Virtual Memory Cafes: [Dementia Mentors](#)

For more information: [Dementia Action Alliance](#)

East Side Neighborhood Services

Powerful Tools for Caregivers

Thursdays, January 7-February 11, 2:00-3:30 PM, Via Zoom

East Side Neighborhood Services offers Powerful Tools for Caregivers, an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants may benefit from this class whether they are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

East Side is partnering with Southeast Seniors to offer this virtual six-week class via Zoom. Technical help will be available. Registered participants will be asked to attend an orientation prior to the class to practice using Zoom and receive support for any technical challenges. Donations accepted based on a cost share.

Registration: 612-787-4086 or VitalLiving@esns.org

Caregiver Support Group

Wednesdays, December 2 & 16, 12:00-1:00 PM, Via Zoom

Get connected to the community resources you need
Meet and support other people with similar experiences
Learn easy self-care strategies and coping techniques
Vent, share your personal experiences, and leave feeling better for it!

To ensure a safe and confidential setting, first time participants will need to request a link and password to enter the call.

For more information, contact: LFlavin@esns.org or 612-787-4076.

NE Day Spot (Home Edition)

Friday, December 11, 10:00 AM - 11:00 AM Via Zoom

Are you looking for creative ways to engage the person you care for while staying home?

- Designed to enrich the lives of people with mild to moderate memory loss or other health conditions
- Share stories with each other over a virtual cup of coffee (or tea)
- Enjoy engaging activities or even live music on the calls from musicians.

For more information, contact: LFlavin@esns.org or 612-787-4076

Embracing Journeys – Changing the story of caregiving



Dump and Reload

A great way for both Professional and Family Care Partners to share stories or listen, get tips, and stay connected during this difficult time and beyond. Drop-In and stay a little or stay a while...Take what you need...Share what you know...Hold Space for each other as we go...

Family Care Partners – Monday 7-9am and 6-8pm

Professional Care Partners – Tuesday 7-9am and 6-8pm

Virtual Zoom Meetings – For more information and to register: [Embracing Journeys](#)

Caregiver Hub [Embracing Journeys](#) [Krisie Barron's YouTube](#)

- Family Education & Consulting
- Caregiver Coach & Mentor
- Do It Yourself Caregiving – free
- New Video Every Week
- Coffee with Krisie – free
- New Video Every Friday
- New Blog Every Wednesday

FamilyMeans

Caregiving & Aging services

Counseling & Therapy

Financial Solutions

Center for Grief & Loss

Web-based and Telephonic Services 2020

Caregiver Support Group: An opportunity to connect (via Zoom video conference), share, and receive support from caregivers as we navigate the complexity of caregiving during this unprecedented time. Space is limited to a small group each session.

Email Sarah Adams at sadams@familymeans.org for more information including how to join via Zoom.

Community Connection – for persons with early memory loss

A chance for people with early dementia to explore possibilities, engage with others, and connect to community. It may also be respite for some caregivers. The summer session will

take place on 4 Thursdays for one hour, all about the State Fair. Sweet surprises, animal visitors, fair memories, and music making. **Begins July 30th.**

Journey Together – for persons with early memory loss

A facilitated conversation group via Zoom. Persons living with dementia reminisce, share, discuss, and build mutual support. Email Heidi at hricks@familymeans.org for more information and to sign-up.

Virtual Coffee Break (Memory Café) – for persons with memory loss and their caregivers
A time for caregivers and care receivers to socialize and connect with each other on the computer with a small group of people and Caregiving & Aging staff.

Every Tuesday and Thursday. Tuesdays at 10:00am and Thursdays at 2:00pm.
Email Heidi at hricks@familymeans.org for more information and to sign-up.

Coaching and Consultation - for caregivers

Our social workers are available for individual guidance and support. They are dementia-capable professionals, certified in the use of REACH (an evidence-based coaching protocol for Alzheimer's caregivers) and other methods. **Call for a telephone or online appointment.**

For more information and registration: call 651-439-4840 or check the website: [Family Means](#)

For program updates: [Family Means COVID-19 Updates](#)

Former Dementia Caregiver Re-Entry Group

Find the “New” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate and offer referrals and resources as needed.

Interested people can join the virtual Zoom meeting via computer or telephone.
Contact Warren Wolfe at 612-791-5316 or at warren.wolfe11@gmail.com.

HealthPartners Neuroscience Center

- Early Onset Dementia Support Group
- Memory Café
- People with Dementia
- Parkinson's Support Group

Support groups are currently suspended. For information about each group during COVID-19, check our Facebook page at [Fight Memory Loss](#) or contact the support group facilitator.

Jewish Family Service of St. Paul

All services are available regardless of race, ethnicity, creed, religion, national origin, gender, disability, or sexual orientation.

Powerful Tools for Caregivers via Zoom

The sessions will be on Tuesdays from November 10 through December 22 (no meeting on November 24) 1:00 to 2:30PM via Zoom.

It is important to take time to care for yourself, so you can be well enough to take the best care of your loved one. Participants will learn self-care behaviors including increased exercise, relaxation and medical check-ups; emotion management to reduce guilt, anger and depression; building self-confidence to cope with care giving demands; and identifying community resources.

The series will be taught by JFS Care Manager Bonnie Jaffe, RN, and Tara Burns, MA, PEARLS Counselor. Bonnie leads the Senior Care Services program that helps elders age in place with appropriate services in the home. Tara is a mental health practitioner with personal and professional experience supporting caregivers and older adults. She is a counselor in the PEARLS program designed to alleviate depression and low mood in adults 55 and older.

The cost is \$10 per person, however scholarships are available. Each participant will receive a copy of "The Caregiver Help Book." Maximum class size will be 10 people, so register early!

Registration: call or email Bonnie: 651-497-8248 bjaffe@ifssp.org
or Tara: 763-300-3146 tburns@ifssp.org

Jewish Family Service Caregiver Support Group

Jewish Family Service is offering a monthly education & support group for individuals caring for a loved one; whether at home or in the community.

ZOOM MEETINGS

2nd & 4th Monday of Every Month • 3–4 pm except holidays

REGISTER TO ATTEND ZOOM MEETINGS BY CONTACTING:

Rabbi Cathy Nemiroff: cnemiroff@sholom.com • 651.910.3113

or Tara Burns: tburns@ifssp.org • 763.300.3146

PEARLS (Program to Encourage Active & Rewarding Lives) and PEARLS for Caregivers

PEARLS offers eight FREE one-on-one video streamed or phone support sessions for older adults and those who provide care. The skills and tools offered in the program help participants address life's problems and make ongoing plans to engage in a variety of pleasurable, meaningful activities.

Contact Avi Zadaka at (651) 410-7822 or email him at azadaka@jfssp.org. There is no fee for this service; however, donations to the program are appreciated.

Senior Care Services

Services available include:

- Care Planning
- Care Coordination
- Caregiver Coaching
- Advance Care Planning

Contact Bonnie Jaffe at 651-497-8248 or by email at bjaffe@jfssp.org. These are fee-based services; a sliding fee scale is offered for those who qualify.

Community Support Program

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can refer yourself to this service.

Contact: Sara Wellington 651-230-4756 or swellington@jfssp.org

The program is free, but donations are welcome.

Community Chaplaincy

Our community chaplain is a Rabbi with additional training that includes Spiritual Care Emergency Response. Rabbi Lynn Liberman is available via telephone to offer support and connection. She will listen, provide insights from the Jewish tradition and acknowledge the challenges being faced by each of us at this time. Contact Rabbi Liberman at 651-434-4112 or by email at l-liberman@jfssp.org. There is no fee for this service; however, donations to the program are appreciated.

Counseling & Mental Health Services

JFS therapists specialize in the assessment and treatment of a wide range of mental health issues.

Counseling is covered by a wide variety of health insurance plans. A subsidized sliding fee based on family income is also available for those without insurance.

Contact: 651-698-0767 or info@jfssp.org to schedule an appointment.

Lewy Body Dementia Association

Twin Cities Support Group for Persons with Lewy Body Dementia

This group is aimed at persons in the early stages of LBD who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Caregivers are also invited, and those persons needing assistance should be accompanied by a caregiver.

Minnesota East Metro LBD Caregiver Support Group

A support group for caregivers and family members of people with Lewy Body Dementia, and people in early stages of the disease. We provide a comfortable and compassionate place to share experiences, support, and resources as we journey with our loved one through the many phases of this disease. Run by trained volunteers and peers.

These support group meetings are being conducted as Zoom meetings.

For information contact: Paula Bieber 651-641-0130 paula.biever@gmail.com

LBD Caring Spouses

This is an online group for spouses and partners of persons with LBD. It is not Facebook and can be set up to send out emails with each message, a daily digest, or you can view the information on their website. Using the daily digest is recommended. A large variety of topics are discussed. It is easy to ask questions and find information in the various email threads that get created by participants.

[LBD Caring Spouses](#)

Little Brothers Friends of the Elderly

Let's Do Lunch

Due to the uncertainty surrounding community transmission of COVID-19, we have decided to cancel our Let's Do Lunch Café in-person group gatherings until further notice.

We know these times can be challenging, and the support within our community is important. As an alternative to our normally scheduled group gatherings, we are offering an alternative phone-in gathering. Sign up for updates: [Let's Do Lunch](#)

Elder Friends – phone companions

Offering the power of friendship in today's environment

Elder Friends is a new program developed by Little Brothers Friends of the Elderly to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find more: [Little Brothers Phone Companions](#) or 612-746-0737

Lyngblomsten

2nd Half with Lyngblomsten Caregiver Resources & Support during COVID-19 Restrictions

Caregiver Services

Being the best caregiver you can be means caring for yourself. The 2nd Half with Lyngblomsten Caregiver Services team is here to help you on your caregiving journey. Our staff is providing support and resources remotely during the COVID-19 pandemic, including via email, on the phone, and through online meetings. Services include:

- **Memory Loss Caregivers Support Groups:** Open to persons caring for someone experiencing Alzheimer's disease or a related dementia (scroll down for more information).
- **General Caregiver Support Group:** Open to anyone serving as a caregiver.
- **Caregiver Coaching—REACH (Resources for Alzheimer's Caregiver Health):** Learn more about REACH on our website.
- **Telephone Support:** Speak over the phone with a member of our team. We will listen, provide reassurance and guidance, and/or provide resources for your caregiving journey.
- **Daily Emails with Activity Suggestions:** Are you looking for fun activities to do with a person you care for who has dementia? If so, sign up to receive our daily email for dementia caregivers, which will contain tips, activity ideas, and more.

For more information about any of our Caregiver Services, email us at lyngblomsten.cs@lyngblomsten.org or call (651) 632-5320. Additional information is available at [COVID-19 Caregivers](#) .

Lyngblomsten Caregiver Services are funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging

Memory Loss Caregiver Support Groups

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. All groups are open to caregivers in the community via either Zoom (video) or using the telephone and last approximately one hour.

- 1st Tuesday each month at 10 AM
- 2nd Tuesday each month at 9 AM
- 3rd Thursday each month at 10 AM
- 4th Tuesday each month at 10 AM

To sign up or participate, please call 651-632-5320.

Roseville Area Senior Program

The Roseville Area Senior Program Caregiver Support group has been suspended during the pandemic through June.

Facilitators are available for current members as well as others in need of support and/or information. Informational/Educational Resources are being sent out to members by email. Please contact Sue at (651-633-6071) or dhsvz@msn.com ; or Michelle at michelle.caron@comcast.net

St. Anthony Park Caregiver Support Group

We have moved to an online format through Zoom. We meet on the first Thursday each month from 10-11:30 am. If you would be interested in learning how to become involved, call 651-642-9052.

Volunteers of America

Culturally Responsive Caregiver Support and Dementia Services is suspending in-person services such as caregiver support groups, senior breakfast, and all other events for at least 30 days. In-person outreach activities, trainings and home visits will also be suspended. We are encouraging the use of online meeting technology, phone conferences and other media as an alternative whenever possible.

For more information about these resources, including the African-American culturally-specific memory loss support group **Lill's Angels Support Group**, contact the **Helpline: 952-945-4034** or visit our website: [Volunteers of America - COVID19 Response](#)

Wilder Foundation

Caregiver Support Groups

Caregiver services can be accessed by calling 651-280-CARE

Email caregiving@wilder.org or view our website at [Wilder Foundation / Caregiving](#)

Caregiver Coffee Hour - *First Friday, 9:00–10:30 a.m.*

Have a cup of coffee and a treat while chatting with other caregivers. Caregivers are welcome to drop in anytime during the coffee hour.

Meeting in person again starting September 2020.

Memory Loss Discussion Group - *Second Thursday, 10:00-11:30 a.m.*

Caregiver support group for people caring for someone with dementia. On-site respite available for a fee. ***In-person and virtual option available for hybrid group. Meeting in person again starting July 2020.***

Parkinson's Caregiver Support Group - Fourth Wednesday, 10:00-11:30 a.m.

Caregiver support for people caring for someone with Parkinson's disease. On-site respite available for a fee. ***In-person and virtual option available for hybrid group.***

Adult Children Caregiver Support Group - Third Wednesday, 6:00–7:30 p.m.

Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition. ***In-person and virtual option available for hybrid group.***

Wilder's Telephone Reassurance Service for Caregivers*

Caring for family or a friend can be challenging. Your caregiving journey doesn't have to be! That's why Wilder offers weekly check-ins so caregivers like you have someone to talk to about your caregiving responsibilities. Along with a phone call to see how you are doing, our trained staff and volunteers provide personalized guidance and resources to help you navigate your caregiving journey with peace of mind.

Call 651-280 CARE (2273) or email healthyaging@wilder.org to sign up.

Available for a voluntary donation.

*Caregiver or the care receiver must be at least 60 years old to qualify

In-person respite:

Wilder Connect provides 4-hours of engaging activities, personal care and healthy meals for those living with memory loss and neurodegenerative disorders, offering rest and self-care time for Caregivers.

Memory Loss Respite Group:

- Tuesdays 10 a.m. – 2 p.m.
- Thursdays 10 a.m. – 2 p.m.

Parkinson's Respite Group:

- Wednesdays 10 a.m. – 2 p.m.

Participants can expect:

- To be in small groups of 10 or fewer people.
- Personal support from Wilder staff and volunteers, including assistance needed with hygiene.
- Engaging physical, cognitive and social activities such as exercise, arts & crafts, lively discussions, games and more.
- A healthy, delicious lunch.
- Clean, safe and sanitized space with daily health screenings, temperature checks and physical distancing measures to protect caregivers and clients during COVID-19.

Cost: \$104 per 4-hour day Includes all care, activities and meals

Location: Wilder Community Center for Aging 650 Marshall Ave., Saint Paul, MN 55104

**Caregivers and participants must arrange their own transport to and from the Community Center for Aging.*

For questions or to sign up:

651-280-2294 | wilderconnect@wilder.org | [Wilder Foundation / Caregiving](#)

Caregiver Coaching & Consultation, Health & Wellness Education program and Home-Delivered Meals program continue.

Wilder Aging Services: Adult Day Health Program has been permanently cancelled.