

## What does it mean to be a Caregiver?

"A Caregiver is someone who provides unpaid care for the physical and emotional needs of a family member or friend who is ill, disabled or frail." (National Family Caregivers Association). Respite Care provides temporary relief for primary caregivers by offering a substitute caregiver for a short period of time. Respite Care allows the primary caregiver to take a break, knowing that their loved one is being well cared for.

Talking about caregiving can be done in our offices, or at your home. Respite may be available at no cost if you are more comfortable meeting at our offices.

### Let us help YOU!

**Cindi Lee Jernigan**  
Executive Director  
218-333-8264

**Jennifer Cole**  
Dementia Program  
Manager  
218-333-8097

## Other Services Available from Northwoods Caregivers

- Homemaking
- Respite Care
- Local Transportation
- Shopping Assistance
- First City Supervised Visitation and Safe Exchanges
- CPR and First Aid classes offered twice/year for primary caregivers at no cost

Northwoods Caregivers would like to thank those who support our mission:



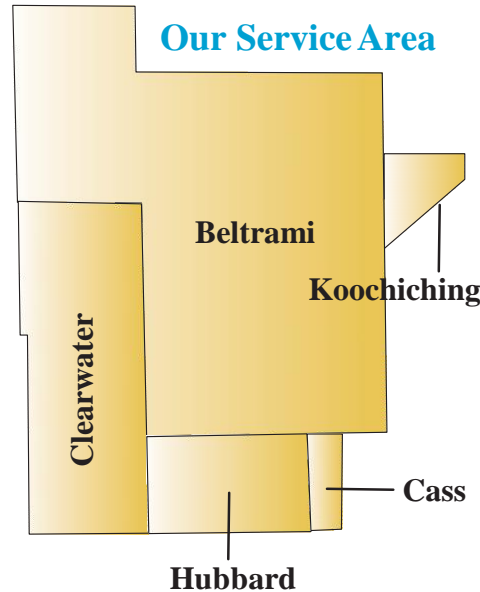
Minnesota Department of **Human Services**

Title III E funds through



**Dancing Sky**  
Area Agency on Aging

### Our Service Area



616 America Ave, Suite 170  
Bemidji MN 56601

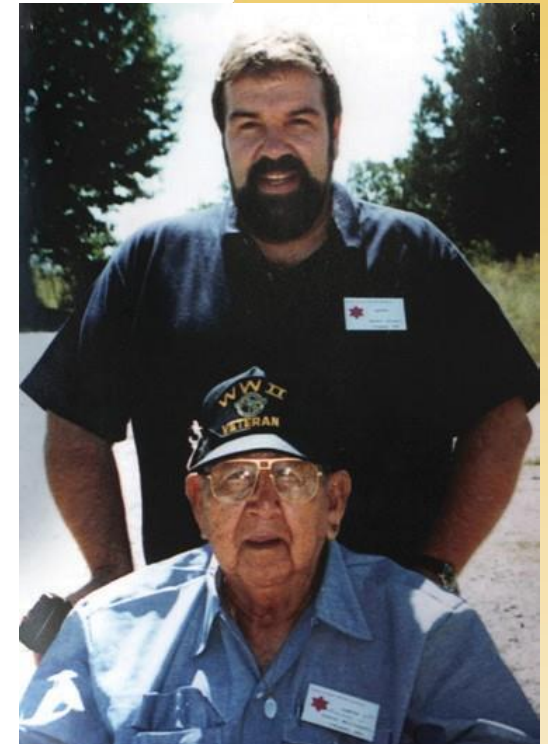
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## Caregiving Support and Aging Life Care



## Caregiver Coaching

**Caregiver Coaching** is a personalized service that equips family caregivers with knowledge, skills and tools needed to develop themselves and their role as caregivers.

“Caregiver Coaching helps caregivers gain insights into their role, understand the importance of self care and improve coping skills.” (Strategic Alliance for Senior Services, 2006).

Staff are available to provide Caregiver Coaching who have specialized training in:

- Dementia Caregiving
- Native American Culture
- LGBTQ Elder Concerns

Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress, and time off work for family caregivers.

Caregiver coaching services are available at no cost by trained Caregiver Coaches with support from United Way, Dancing Sky Area Agency on Aging, MN Department of Human Services CS/CD and the Minnesota Board on Aging.



## Aging Life Care Management

An Aging Life Care Manager is a health and human services specialist who is a guide, advocate, and resource in the care of an older adult or person with disabilities. Aging Life Care has the goal of helping older adults to remain in their chosen living environment for as long and safely as possible. It also helps plan for a crisis that may necessitate a move to a higher level of care. Our ALC Manager's professional membership in the Aging Life Care Association assures you of high quality, individualized and ethical services.

Aging Life Care Managers have expertise in 8 areas of knowledge:

- Health & Disability
- Financial Management & Assistance
- Crisis Intervention
- Elder Housing
- Family Meetings & Relationships
- Local Resources
- Service & Benefit Advocacy
- Legal Concerns

Working with older adults and families, an ALC Manager's expertise provides answers at a time of uncertainty.

Services are provided on a sliding fee scale. Payments may be made by mail, in person or online through our website.

For more information,  
contact Denise Smid:

218-333-8204 or

[denise.smid@co.beltrami.mn.us](mailto:denise.smid@co.beltrami.mn.us)



## Other Caregiving Support Services

### Powerful Tools for Caregivers

Caring for a loved one with a chronic illness such as dementia, heart disease, developmental disability or Parkinson's disease can be physically, emotionally and financially stressful.

Powerful Tools for Caregivers is a 6-week educational course designed to reduce Caregiver guilt, anger and depression; improve Caregiver self-care and communication skills; and increase use of community services.

Class series are held twice/year and include a copy of The Caregiver Helpbook. For more information or to register for a class, contact Karen 218-333-8098.

### Caregiver Support Groups

Monthly Caregiver Support Groups are held in Bemidji, Bagley and Blackduck at no cost, are open to the public and focus on different topics each month. No registration is required. For more information or a detailed schedule, contact Jennifer (218-333-8097).

Our Annual Caregiver Conference is held on a Saturday in

December and includes a full day of helpful topics, professional presentations and caregiver networking. Respite care is offered at no cost for caregivers attending support groups, Powerful Tools for Caregivers, and the caregiver conference.

