

## Caregiving is a Gift

...and it can be challenging and stressful. You don't have to neglect yourself and try to do it all.

Let caregiving teach you—to ask for help, find your strengths, believe in yourself, and protect your health.

Care Partners can connect you with others who are glad to support you in this important work.



*"There came a point where I just couldn't do it anymore."*

*"It made caregiving easier, knowing there was someone I could call for help and advice."*

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## Contact Us

Care Partners of Cook County  
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## Mission

Care Partners provides support and companionship on the journey of aging and serious illness.

## Funder Support

- A Live Well At Home Grant from the MN Department of Human Services
- Cook County Public Health Community Fund
- Federal Older Americans Act Grant—Arrowhead Area Agency on Aging
- Head of the Lakes United Way
- Lloyd K. Johnson Foundation
- North Shore Health Care Foundation
- Northland Foundation
- Individual donors
- Cook County organizations and businesses



## Caregiver Support



**For Family and Friends  
Who Care for Loved  
Ones Every Day**

## Are You a Caregiver?

Caregivers are daughters, wives, husbands, sons, grandchildren, partners and friends.

You may help a loved one with meals, chores, paying bills, safety measures, rides, medication reminders, personal care, or daily contact.



Over time, caregiving can take a toll on your own well-being. It's important to take care of yourself so that you will continue to be there for your loved one.

### Good reasons to call Care Partners:

- You're bringing a loved one home from the hospital
- Your loved one's condition is changing
- You feel burdened, resentful, or overwhelmed
- Your role as caregiver is affecting your work or health

## Ways We Can Help

Let Care Partners support you on the journey of caregiving, while honoring your unique situation, strengths, and goals.

### Coaching

Our trained Caregiver Consultants help you assess your needs, reduce stress, plan, gather support, and cope with a loved one's illness.

Our Caregiver Consultants can advocate for you within the health care world and in the community. They are there to listen, understand, and accompany you on the journey as you need them.

### Dementia Skills

We offer resources and coaching to help you care for someone with memory issues and address common concerns such as communication and behavior management.

### Respite for You

Trained volunteers provide safe companionship to your loved one at home so you can run errands, meet friends or just get a break.

### Confidentiality

*Care Partners staff and volunteers respect your privacy and will not share any information about you without your consent.*

## Making Connections

Care Partners can connect you with resources, skills and other caregivers, so you know you are not alone.

### Caregivers Connecting

#### Caregiver Coffee:

Groups meet in Grand Marais and Tofte to share resources and discuss caregiving.

#### Classes for Caregivers:

Our classes include curriculum from the Alzheimer's Association and other nationally recognized organizations.

### Education Programs

Care Partners offers training and education to help build a community that is fully supported on the journey of aging and serious illness.

