

## 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, & 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.*

## Contact Us

Care Partners of Cook County  
PO Box 282  
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[www.carepartnersofcookcounty.org](http://www.carepartnersofcookcounty.org)

## Mission

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

## Support

Our Services are made possible through the following funders:

- Cook County Community Fund
- a federal Older Americans Act Grant from the ARDC's Arrowhead Area Agency on Aging
- Head of the Lakes United Way
- a Live Well at Home Grant from the MN Department of Human Services
- North Shore Health Care Foundation
- Northland Foundation

**Your donation ensures that caregiving is there for all those in need in Cook County.**



## Caregiver Support



**For Family and Friends  
Who Care for Loved  
Ones Everyday**

## 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
- Their condition is changing
- You feel burdened or resentful
- It's affecting your work or health
- You're overwhelmed by responsibilities

## Ways We Can Help

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

### Coaching

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

Our Caregiver Consultant can be an advocate for you within the health care world and in the community. She's there to listen, understand, and accompany you on the journey as you need her.

### Dementia Skills

Resourced and coaching to help with caring for someone with memory issues, including help managing behaviors.

### 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 Tofto to share resources and discuss caregiving.
- **Powerful Tools for Caregivers:**  
Six-week classes are taught by volunteers from a nationally-acclaimed curriculum.

### Education Programs

Care Partners offers trainings & education programs to help build a community fully supported on the journey of aging and serious illness.

