

## 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."*

## Connect With Us

### Care Partners of Cook County

PO Box 282

Grand Marais, MN 55604

218.387.3788

[info@carepartnersofcookcounty.org](mailto:info@carepartnersofcookcounty.org)

[carepartnersofcookcounty.org](http://carepartnersofcookcounty.org)

offices located 615 East Hwy 61, Grand Marais  
10am to 3pm, Monday to Friday

## Mission

Care Partners supports community members on the journey of aging and end-of-life.

## Funder Support

- Boreal Waters Community Foundation
- Cook County Public Health Community Fund
- Federal Older Americans Act Title III E Funding
- Head of the Lakes United Way
- Lloyd K. Johnson Foundation
- Mardag Foundation
- Medica Foundation
- Northland Foundation
- Individual donors
- Cook County organizations and businesses



## Caregiver Support



For Family & Friends  
Who Care for Loved  
Ones Near or Far

## 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
- You want to be proactive as you anticipate a caregiving journey

## 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 behavioral changes.

### 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.

### Caregiver Gatherings

#### Meetings

Formal and informal groups meet to share ideas, offer mutual support, and discuss the caregiving journey.

#### Classes

Our classes, such as *Powerful Tools for Caregivers*, feature effective, evidence-based curriculum from trusted sources.

#### Annual Retreat

Our Caregiver Appreciation Retreat provides an opportunity to enjoy a few hours of rest while exploring tools for brief moments of daily renewal.

### Community Education

Care Partners offers classes and training to help build a community that is age-friendly and age-wise.

