

LSS CAREGIVER SUPPORT & RESPITE

Get Calm & Connected: New Tools for Family Caregivers

When you're caring for a loved one, it can be hard to meet with others or find what you need. **Our technology program can help.**

How it Works:

- Contact us to talk about your caregiving situation and needs
- Use your own tablet/smart phone, or borrow one of ours
- Receive training
- Connect online at home, on the go or at work during your lunch break
- Anyone can participate. Our coaching and counseling fees are affordable and income-based

What You Can Do:

- **Reduce Stress**
- Find free online **discussion and support groups**
- **Solve problems**, grow your caregiving skills, find resources and practice self-care
- **Video chat** with friends and family members
- **Family group mediation** to help manage a challenging illness, situation or transition



Service Areas:

Big Stone • Chippewa • Clay • Otter Tail •
Pennington • Roseau • Swift • Todd •
Veteran • Wadena • White Earth Reservation •
Yellow Medicine

This service is generously funded by the
Great Plains Senior Services Collaborative.

CONTACT US TODAY

1.800.488.4146

TOLL FREE

Email us: caregiver@lssmn.org

lssmn.org/caregiversupport