

Caregivers need a support system and someone to call when there are questions and concerns.

A **Caregiver Consultant** specializes in family support, counseling, education and service coordination.

Services provided are:

- Phone consultations, home or office visits to identify your caregiving needs and those of the care receiver.
- Caregiver “coaching” on how to advocate for your family member, balance your needs, find respite care, coordinate home services, connect to resources and more.
- Monthly education and support groups for caregivers.

COST: Cost sharing fees will be determined at the time of service.

CARLTON COUNTY PUBLIC HEALTH

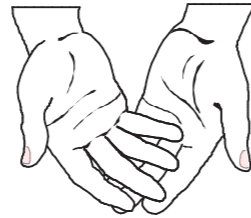
Connect to home services

Answer questions

Refer to resources

Educate caregivers

Serve seniors and families



Asking for help is a
sign of strength~

For more information contact:

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Caregiver Consultant
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878-2893 or 1-888-818-4511

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Carlton County Public Health

CARLTON COUNTY

CAREGIVER CONNECTIONS

A Place To Turn To



Do you provide care to
a spouse or family member
over age 60?

We offer support, education,
and resources to caregivers
of older adults.

Call 878-2893