



# CAREGIVER SUPPORT

53 million Americans are providing care for a spouse, family member or friend, yet few identify themselves as caregivers. A caregiver is anyone who tends to the needs of a person with short or long-term limitations due to illness, injury, or disability.

Caregiving can be both rewarding as well as physically and emotionally exhausting. By taking care of yourself and finding the support you need, you will be able to provide better and longer care for your loved one at home. VINE can help.



## Caregiver Support Groups

An opportunity to share the joys and challenges of caregiving with others in similar situations. Groups are facilitated by VINE's professional staff. Registration is required.

Donations are appreciated.

### **1st Tuesday of the month**

- 2:30 – 4 pm
- St. Teresa Catholic Church, Mapleton

### **2nd & 4th Wednesday of the month**

- 1:30 – 3 PM
- VINE Adult Community Center, Mankato

### **3rd Wednesday of the month**

- 5:15 – 6:15 PM
- VINE Adult Community Center, Mankato

### **LGBT+ Caregiver Support Group**

- Held monthly virtually over Zoom.  
Contact Joyce for a link at [joycek@vinevolunteers.org](mailto:joycek@vinevolunteers.org)

## Individual Coaching

Trained caregiver coaches are available to meet you in-person at VINE or in your home. This one-on-one coaching provides the opportunity for you to address specific needs in your caregiving situation and set some personal goals for better self-care. VINE's coaches can also meet with families to share resources and facilitate discussion and decisions.

We invite donations for coaching sessions. No one will be denied services if unable to pay.

## Powerful Tools for Caregivers

Twice each year, VINE's certified trainers facilitate a six-week series for caregivers addressing these topics and more: communication, identifying signs and sources of caregiver stress, dealing with anger, guilt and depression, and the benefits of making an action plan.

Questions? Contact Joyce at (507) 386-5583.