

Make a Difference as a Caregiver Support Volunteer



We're seeking volunteers to meet with older adults for friendly visits a few hours each week. Our Caregiver Support & Respite Volunteers meet at the homes of older adults and out in the community. This gives family caregivers a break to run errands, rest and recharge.

Everyone is invited to volunteer — we serve all people and welcome diversity in our volunteers.

Volunteers receive training, and no prior experience is required. To qualify you must be 18 years or older, will need some availability each week and reliable transportation.

GET STARTED TODAY

To learn more or get started, please call **866.787.9802** or email caregiverservices@lssmn.org.

lssmn.org/volunteer/caregiver

Volunteer Benefits:

- Share your skills, meet new people, make a positive impact and have fun in the community.
- Improve your emotional well-being by feeling the satisfaction of giving back.
- Be matched with someone who shares your interests.
- Offer older adults friendship and support.
- Boost your resume and stand out to future employers.

LSS Caregiver Support & Respite Service receives funding from the Minnesota Board on Aging and Area Agencies on Aging as part of the Older Americans Act. The services of Lutheran Social Service of Minnesota are available to all people, regardless of race, color, creed, religion, national origin, sex, sexual orientation, disability or age. © 2022 Lutheran Social Service of Minnesota. 11/22

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Stay Connected & Reduce Stress

Whether you need a break from your caregiving responsibilities, resources to grow your caregiving skills, or time to recharge – we can step in. We also offer groups where you can connect with others. Services are offered in person and virtually.

Services Available

Caregiver Coaching & Counseling

Develop your caregiving skills, find available resources and practice self-care.

Caregiver Support Groups

Training, education and peer support.

Caregiver Training & Education

Learn about memory loss, communications skills and finding resources.

Emergency Planning for Caregivers

Create a plan in case a crisis or emergency happens.

Powerful Tools for Caregivers

A six-session course that focuses on your needs.

REACH Training for Caregivers

A course that increases knowledge for those caring for someone with Alzheimer's.

Respite Care (Group Setting)

Provides social activities for older adults needing care so you can take a break.

Respite Care (In Home)

Trained volunteers offer weekly in-home visits so that you can run errands, socialize, or recharge.



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