

## Caregiver Support Programs Arrowhead Region

The following programs offer assistance to caregivers who are routinely providing unpaid care for a frail elderly family member, neighbor or friend. Most services are offered on a contribution or sliding fee scale basis.

This is not intended to be an all inclusive list of services available to support caregivers in NE Minnesota. For information regarding other services contact the Senior Linkage Line® at 1-800-333-2433 or go to [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)®

Many programs are funded in part with funding from the Federal Older Americans Act through the Arrowhead Area Agency on Aging.

PROGRAM	CAREGIVER SUPPORT SERVICE
<b>STATEWIDE</b>	<b>SERVICE</b>
<u>Senior LinkAge Line®</u> 1-800-333-2433 <a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a> ®	Connection to information and resources including health insurance counseling, respite care, personal and in-home services, meals, transportation and more.
<b>AITKIN COUNTY</b>	<b>SERVICE</b>
<u>ANGELS Living at Home Block Nurse Program</u> Director 7 S. Maddy Street, P.O. Box 35 McGregor, MN 55760 218-768-2762 <a href="mailto:angels@frontiernet.net">angels@frontiernet.net</a> Service Area: McGregor	Individual Counseling In-home Respite (non-medical) Group Education
<u>Aitkin County CARE, Inc.</u> Tricia Martin, Caregiver Consultant Callie Taylor, Care Consultant 503 Minnesota Avenue, P.O. Box 212 Aitkin, MN 56431 218-927-1383 <a href="mailto:careprograms@gmail.com">careprograms@gmail.com</a> ; <a href="mailto:Calliecare@gmail.com">Calliecare@gmail.com</a> Service Area: Aitkin County	Individual and Family Caregiver Counseling Support Groups In-home Respite

CARLTON COUNTY	SERVICE
<p><u>Volunteer Services of Carlton County, Inc.</u>  Kristine Dwyer, Caregiver Consultant  <a href="mailto:kdwyer@vscci.com">kdwyer@vscci.com</a>  Cari Terrio-Johnson, Respite Program  <a href="mailto:cjohnson@vscci.com">cjohnson@vscci.com</a>  199 Chestnut Avenue, Suite 3  Carlton, MN 55718  218-879-9238  <a href="mailto:kdwyer@vscci.com">kdwyer@vscci.com</a>  Service Area: Carlton County</p>	<p>Individual and Family Caregiver Counseling  In-home and Group Respite (non-medical)</p> <p>REACH – One to one information, training and support for caregivers of family members with Alzheimer’s Dementia, with workbook.</p>
COOK COUNTY	SERVICE
<p><u>Care Partners of Cook County</u>  Marnie Hovland, Clinical Care Coordinator  Sawtooth Mountain Clinic  501 W. 5<sup>th</sup> Street, Suite 105, P.O. Box 454  Grand Marais, MN 55604  218-387-3788  <a href="mailto:carepartners@boreal.org">carepartners@boreal.org</a>  Service Area: Cook County</p> <p><u>Cook County In-Home Support Program</u>  Public Health and Human Services  411 West 2nd Street  Grand Marais, MN 55604  218-387-3620  Service Area: Cook County</p>	<p>Individual Caregiver Counseling</p> <p>In-home Respite (non-medical)  Referral to Caregiver Support Groups  Home-making</p>
ITASCA COUNTY	SERVICE
<p><u>ElderCircle Respite Program</u>  Linda Barth, Respite Program Coordinator  Amanda Wheelock, Rinna Waters and  Carrie Heikkila, Caregiver Consultants  400 River Road, Suite #1  Grand Rapids, MN 55744  218-999-9233</p> <p><a href="mailto:linda@eldercircle.org">linda@eldercircle.org</a>, <a href="mailto:rinna@eldercircle.org">rinna@eldercircle.org</a>  <a href="mailto:amanda@eldercircle.org">amanda@eldercircle.org</a>, <a href="mailto:carrie@eldercircle.org">carrie@eldercircle.org</a>  Service Area: Itasca County</p>	<p>In-home Respite  Adult Day Services  Support groups</p>

KOOCHICHING COUNTY	SERVICE
<p><u>Koochiching Aging Options</u>  Gary Kaunonen, Program Specialist  1000 Fifth Street  International Falls, MN 56649  218-283-7030  <a href="mailto:KoochichingAgingOptions@gmail.com">KoochichingAgingOptions@gmail.com</a>  Service Area: Koochiching County</p>	<p>Individual and Family Caregiver Counseling  Group Education</p>
LAKE COUNTY	SERVICE
<p><u>Community Partners Living at Home Program</u>  Linda Kinnunen, Respite Coordinator and  Caregiver Consultant  505 First Avenue, P. O. Box 327  Two Harbors, MN 55616  218-834-8024  <a href="mailto:commpartlinda@frontiernet.net">commpartlinda@frontiernet.net</a>  Service Area: Two Harbors</p> <p><u>North Shore Area Partners</u>  Mary Aijala, Caregiver Consultant  Room 21 - 99 Edison Blvd.  Silver Bay, MN 55614  218-226-3635  <a href="mailto:mary@nsapartners.org">mary@nsapartners.org</a>  Service Area: Silver Bay, Finland, Beaver Bay,  Little Marais, Isabella</p>	<p>Individual and Family Caregiver Counseling  Support Group  Group Education  Respite (non-medical)</p> <p>Individual Caregiver Counseling  Support Group  Group Education  Respite (non-medical)</p>
ST. LOUIS COUNTY	SERVICE
<p><u>Age Well Arrowhead</u>  Emma Shepard, Care Consultant (effect.11/2/15)  Allworth Building  306 West Superior St., Suite 10  Duluth, MN 55802  218-623-7807  <a href="mailto:careconsultant@agewellarrowhead.org">careconsultant@agewellarrowhead.org</a>  Service Area: Duluth, Proctor, Hermantown</p>	<p>Individual and Family Care Consulting</p> <p>REACH – One to one information, training and support for caregivers of family members with Alzheimer’s Dementia, with workbook.</p>

ST. LOUIS COUNTY	SERVICE
<p><u>Floodwood Services and Training</u>  Donna Tracy and Stacy Stevens,  Caregiver Consultants  601 Ash Street, P.O. Box 337  Floodwood, MN 55736  218-476-2230  <a href="mailto:dtracy@fst2b.org">dtracy@fst2b.org</a>; <a href="mailto:sstevens@fst2b.org">sstevens@fst2b.org</a>  Service Area: Floodwood, Meadowlands,  Brookston</p>	<p>Individual and Family Caregiver Counseling  Respite –Adult Day Program</p>
<p><u>Lutheran Social Services Caregiver Support  and Respite Program</u>  Peg Kirsch-Lee, Coordinator  315 Ridgewood Road  Duluth, MN 55804  218-724-0648  <a href="mailto:peglee@lssmn.org">peglee@lssmn.org</a>  Service Area: Duluth</p>	<p>In-home and Group Respite (Non-medical)</p>
<p><u>Northwoods Hospice Respite Partners</u>  Lisa Porthan, Caregiver Consultant  328 West Conan Street  PO Box 51  Ely, MN 55731  218-365-8019  <a href="mailto:northwoodshrp@gmail.com">northwoodshrp@gmail.com</a>  Service Area: Ely, Babbitt, Tower</p>	<p>In-home Respite (non-medical)  Individual and Family Caregiver Counseling  Support Groups</p>
<p><u>Range Respite, Inc.</u>  Ericka Coombe and Harry Grinage, Caregiver  Consultants  Linda Kolocek, Respite Coordinator  1309 20th Street South  Virginia, MN 55792  218-749-5051 (office)  218- 290-9163 (Cell)  <a href="mailto:ecoombe@rangerespite.org">ecoombe@rangerespite.org</a>,  <a href="mailto:lkolocek@rangerespite.org">lkolocek@rangerespite.org</a>  Service Area: Iron Range Communities</p>	<p>Individual and Family Caregiver Counseling  Support Group  Respite: In-home and Hospital -Based  Individual Training and Education</p>

Regional Dementia Resource (Northern MN)	SERVICE
<p><u>Alzheimer’s Association – Northern Regional Office</u>  Jenna Herbig, Program Manager  525 Lake Ave. Ste. 214  Duluth, MN 55802  <a href="mailto:jherbig@alz.org">jherbig@alz.org</a>  218.722-4335  Service Area: Northern Minnesota</p>	<p>One to One Care Consultation  One to One Education  Group Education  Support Groups</p> <p>Family Memory Care</p>

For a current list of Powerful Tools for Caregivers classes being offered in the Arrowhead Region contact Cindy Conkins at the Arrowhead Area Agency on Aging at [cconkins@ardc.org](mailto:cconkins@ardc.org) (10/14/15)