

CONTACT INFORMATION

MINNESOTA CHIPPEWA TRIBE
MINNESOTA INDIAN AREA AGENCY ON AGING
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Reservation Contacts

Bois Forte
Mavis Drift, Elderly Nutrition Program
218-757-3723

Grand Portage
Patty Winchell-Dahl, Elderly Nutrition
218-475-2655

Leech Lake Reservation:
Pat Kvale, Elderly Nutrition Program
218-335-8314

White Earth Reservation:
Bev Karsten, Health Education
800-950-3248 ext. 1358

Fond du Lac:
Caregiver Program-FDL Public Health Nursing
218-878-2128
Debra Topping, Elder Advocate
218-878-8053

Mille Lacs:
Denise Sargent, Elder Care Programs
320-532-7854

CAREGIVER RESOURCES

Senior Linkage Line
1-800-333-2433

Minnesota Board on Aging
P.O. Box 64976
St. Paul, MN 55164-0976
www.mnaging.org

Indian Elder Desk
1-800-882-6262

Minnesota Department of Human Services
www.dhs.state.mn.us

Caregiver Minnesota
www.caregivermn.org

Family Caregiver Alliance
1-800-445-8106
www.caregiver.org

Administration on Aging
www.aoa.gov/wecare/default.htm

KINSHIP CAREGIVER RESOURCES

Minnesota Kinship Caregivers Association
651-917-4640
www.mkca.org

AARP, Grandparent Information Center
888-687-2277
www.aarp.org/families/grandparents/

First Gov: 800-333-4636
www.firstgov.gov/Topics/Grandparents.shtml
(recommended website)

National Center on Grandparents Raising Grandchildren
<http://chhs.gsu.edu/nationalcenter>

The Grandparent Foundation
www.grandparenting.org

Generations United
www.gu.org/Kinsh6261201.asp

GrandsPlace
860-763-5789
www.grandsplace.com



Minnesota Indian Area Agency on Aging Caregiver Programs



Caregivers Support & Grandkin Programs

Serving the northern reservations of
Bois Forte, Grand Portage, Leech Lake,
White Earth, Mille Lacs, & Fond du Lac.

Are You A Caregiver?

- 1) Are you caring for an older person?
- 2) Do you check up on an elder to see how they are doing?
- 3) Do you help an elder with:
 - Laundry or house-cleaning
 - Paying bills/banking
 - Organizing medications
 - Grocery shopping/errands
 - Cook meals
 - Shoveling/raking

If you answered **YES** to any of the above questions **YOU ARE A CAREGIVER.**

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Are you a Kinship Caregiver?

- 1) Do you care for relative children more than twice a week?
- 2) Does your household consist of you, your adult children, and their children?
- 3) Are there relative children in your life who depend solely on you for basic needs such as food, shelter, & clothing?

If you answered **YES** to any of the above questions **YOU ARE A KINSHIP CAREGIVER.**

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Caregivers Support Program

Workshops & Information Sessions

Provide education/training workshops and sessions to build caregiver knowledge, skills, and capacity in providing and managing care for an older adult.

To increase awareness in other areas affecting the elder population such as: financial & legal options, health, safety, and personal enrichment.

Information & Assistance

Provide current information regarding services and opportunities available to the elder population. Assistance and advocacy in accessing appropriate services and help filling out forms and applications.

Offer materials such as brochures, books, booklets, and pamphlets relating to health, fitness, safety, legal issues, or other elder and caregiver concerns.

Counseling

Provide supportive listening and discussion to advise and enable caregivers and families to resolve issues related to caregiving. Offer referral to families who may benefit more from meeting with a professional counselor to help address more serious caregiving issues.

Support

Provide supportive listening to concerns with kindness and caring. Offer resources and options to support elders and caregivers. Assist in locating area support groups.

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GrandKin Program

Workshops & Information Sessions

GrandKin Caregiver workshops and sessions are conducted throughout the region. Topics may include: financial & legal options, peer support elements, stress management, ICWA, healthy nutrition, childhood disabilities, and other issues related to kinship caregiving.

Forums

Annual community forums presented bringing professionals and caregivers together to discuss current issues and changes regarding caregivers at the state level.

Information & referral

Assistance in locating information, resources, and services utilizing regional or reservation-based programs. Referrals and follow-up for kinship caregivers (and children they care for) to ensure quality care and supportive services.

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GrandKin caregiver Leota White has been caring for her granddaughters since they were born.

Photo: Leota with Amber age 15, Abby 14, Cree 10 and Lanae 5 at the GrandKin Holiday Party in Mille Lacs. (2006)

