

Respite Programs

In Home Respite

Our In Home Respite Program matches a caregiver with a volunteer who provides companionship to the care receiver for one to four hours once a week. The caregiver is then able to have a break and take care of themselves.

The Gathering... Group Respite

The Gathering is a program designed to benefit family caregivers as well as care receivers. As a group respite program, it provides care receivers the opportunity to socialize with others in a fun, friendly and secure setting, and affords caregivers valuable time away for their own leisure activities, tasks and appointments. The Gathering is staffed by an RN and trained volunteers with a 1:1 or 1:2 staff to client ratio.

Activities include:

- Lunch with friends
- Conversation & reminiscing
- Crafts, table games & cards
- Gentle physical exercise
- Other activities that nurture the spirit



The Gathering meets the 2nd and 4th Tuesdays of each month from 12-4pm. A donation is requested to supplement the cost of lunch and programming.

Caregiver Support

Many family caregivers while voluntarily entering into the role are not necessarily equipped to fully handle their new responsibilities. Our Caregiver Support RN is trained to support, encourage and empower caregivers in the respite program and provide them with the knowledge and skills they need to enhance and maintain their role as a primary caregiver.



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This project is made possible, in part, under the Federal Older American's Act through a contract with the Land of the Dancing Sky AAA under an Area Plan approved by the Minnesota Board on Aging.

Central Minnesota Elder Network

nurturing spirits



Our Mission

To educate older adults in our communities to live well at home by utilizing trained volunteers and professional staff to support their emotional, social, mental health and respite needs.

Dedicated to Supporting Older Adults

Central MN Elder Network provides companionship and respite care services to residents of Douglas County age fifty-five and older. For over twenty years, our non-profit, 501 (c)(3) charitable organization has been dedicated to helping older adults with the challenges associated with aging. These challenges can be physical changes, loss of loved ones, transition to a new home setting, learning new leisure time activities, making new friends or taking care of a loved one - we are here to help. Registered Nurse Program Coordinators complete an in-home assessment to determine the needs and interests of all clients.

Our services are provided by highly trained, compassionate volunteers and coordinated by a staff of professionals. All volunteers are age fifty-five and older and receive training in communication and active listening skills, normal aging, dementia, grief, depression, death and dying and more. *All services are kept strictly confidential.*



Our Programs

A Network of Seniors Helping Seniors

Peer Companion Program

Our Peer Companion Program effectively matches a volunteer with a senior who needs support and encouragement. Volunteers visit wherever the client calls home.

Our volunteers along with a Program Coordinator provide support to seniors who are experiencing:

- Loneliness
- Isolation
- Loss of a loved one
- A life changing medical diagnosis
- Difficulty dealing with other life changes such as moving from a long-time home or farm

The Peer Volunteer visits for approximately one hour once a week. Our goal is to provide companionship, support and friendship. Whether provided by conversation, reading, playing cards and/or games, listening to music, taking a walk or reminiscence, the Elder Network volunteer is ready and willing to help encourage social relationships for our aging community members.

Respite Care Programs

Respite care offers a caregiver a temporary break from the responsibilities of providing care to a loved one. Our volunteers along with the Program Coordinator provide respite support to caregivers who are experiencing:

- Isolation due to the demands of care giving
- Lack of leisure time to run errands, attend appointments or events, or pursue hobbies



- Concern about their loved one being safe at home alone
- A desire for their loved one to have companionship and social stimulation

We offer two respite programs at a low fee, based on a sliding scale or suggested donation.

Our
Sponsors



United Way of Douglas
& Pope Counties

