

Tools for Helping Caregivers

Minnesota Board on Aging Caregiver Assessment Form – A great tool for helping to focus services and supports on the needs of the caregiver.

<http://www.mnlivewellathome.org/Professional%20Toolkit/~media/lwah/prof-toolkit-learning-center/CMA%20Assessment%20Questionnaire%202%202%2015.ashx>

TCare Caregiver Screen / Montgomery Burden Scale – One element of the MBA Caregiver Assessment Form is the Montgomery Burden Scale (which is also part of the TCare Caregiver Screen). This is a valuable tool, worthy of a full understanding. The PDF of slides developed for the TCare Caregiver Screen training presented by DHS in 2009 is available to download at:

http://www.dhs.state.mn.us/main/groups/aging/documents/pub/dhs16_144900~1.pdf

This training will provide you with a better understanding of issues faced by caregivers and ways to help caregivers identify and address issues such as “caregiver burden” and “caregiver distress caused by identity discrepancy”.

Live Well At Home Caregiver Resources - This webpage contains links to brochures, booklets and the “Friends and Family Toolkit”. You can print items for the caregivers you serve or direct them to access these resources directly on the website.

<http://www.mnlivewellathome.org/en/Family-Friends.aspx>