



## Satisfaction Results

98%

Caregiver Assurance members said they would recommend this service to friends and family.

99%

responded that they feel better equipped to be an effective family care partner while using Caregiver Assurance.

# Caregiver Assurance™

## Helping family care partners maintain their wellbeing.

M Health Fairview is one of the largest integrated health systems in the state of Minnesota. We often work with family members of our patients, so we understand the challenges in taking care of a loved one's needs. It can be exhausting and stressful and may become overwhelming if you have your own family or a job.

That's why we created Caregiver Assurance — an advisory program designed to help family care partners like you take care of yourself as you help your loved one who may have an illness, disability or is aging at home.

When you become a member of our program you will be paired with one of our advisors — a social worker with expertise in caregiving — who will listen to your concerns. They will offer suggestions, support, and, if needed, access our state-wide community resource network to find low- or no-cost resources in your community. Your advisor will be dedicated to you so that you won't have to re-explain your situation every time you call. You can call your advisor as often as you wish for as long as you are enrolled in the monthly program.

Caregiver Assurance is focused on the wellbeing of you — the family care partner — and strives to help you maintain your own wellbeing, family relationships, and work responsibilities as you take care of others.

### IT IS A PERFECT FIT FOR PEOPLE CARING FOR AN AGING PARENT OR LOVED ONES WHO MAY HAVE:

- **Chronic conditions**, such as: cancer, heart disease, diabetes, stroke, and arthritis
- **Physical disabilities**
- **Developmental disabilities**
- **Mental health conditions**
- **Neurological disorders**, such as: Parkinson's, Dementia, and Alzheimer's disease
- **Chemical dependency**
- **Children with complex needs**



### CAREGIVER ASSURANCE MEMBERS RECEIVE:

- **A dedicated advisor** – a licensed social worker with specialized training and caregiver experience - who will provide you with ongoing support by phone or video conference. There is no limit to how frequently you contact your advisor.
- **Access to the M Health Fairview Community Resource Network** – Your advisor has access to an extensive list of trusted resources and local services to support your needs. If a suitable resource is not available, the Advisor will do the legwork to find one.
- **Personal member account webpage** – Your Caregiver Assurance membership comes with your own personal webpage which is accessible from your smart phone or other device. The personal member webpage provides you and your Advisor a convenient and private location to share and store educational information, important documents, and referral information.

### CAREGIVER ASSURANCE CAN HELP YOU WITH:

- Identifying and researching for resources
- Referrals to appropriate services
- Guidance in navigating systems (i.e. health care, county services, education, senior housing options)
- Knowledge of financial resources & options
- Education on stress & the impact on overall health & wellbeing
- Identification of coping skills
- Promoting the importance of self-care
- Emotional support
- Family counseling
- Nutrition counseling
- Health and fitness
- Home health care (medical or non-medical)
- Social support
- Transportation services
- Meal planning and preparation

## Membership Options and Pricing



**Six-month subscription**  
for \$50 per month



**Monthly subscription option**  
beginning in month 7

### RECEIVE ONE-MONTH OF YOUR MEMBERSHIP FREE

when you refer a new member who enrolls in our program!

**There is no limit to how often a member consults with their advisor.** Members can extend their membership for as long as they want or take a membership 'holiday' and rejoin at a later date without penalty.

**Check your employer benefits to see if this program is eligible for a discount.**

### FOR MORE INFORMATION:

Visit: [www.caregiverassurance.com](http://www.caregiverassurance.com)

Call: 612-672-CARE(2273)

Customer service hours: Mon.– Fri., 9 am– 5 pm