NORMANDALE CENTER FOR
Healing & Wholeness

Support on your Caregiver Journey

The Center has transformed the way we serve and support seniors and caregivers to minimize the risk of exposure during the ongoing pandemic. Regardless of where you are on your aging or caregiving journey, we strive to support you and provide services that are relevant and timely.

Consultation & Family Meetings

Our Licensed Social Workers connect with individuals or families who need assistance to help guide them to the resources they need. Our staff use a wealth of knowledge and experience to help our clients make plans, adjust for changes, and execute effectively to achieve their goals. Meetings can be arranged in-person or virtually.

Community Workshops

We offer a variety of online, multi-week, evidence-based workshops to educate seniors and caregivers on a range of wellness topics including self-care and self-efficacy tools for caregivers, journaling and creative writing for caregiver expression, self-management of chronic conditions, and more.

Weekly Respite & Activity Email

To support caregivers whose loved ones experience memory loss we created and distribute a weekly resource full of engaging activities to engage and stimulate the care receiver, allowing the caregiver to take a break.

Caregiver Health & Education

We host drop-in, virtual caregiver support groups three times a month and curate a monthly, Second Saturday Caregiver Education class with content focused on Alzheimer's and related dementias.

Public Education & Information Sessions

Center staff are prepared to present on a variety of topics at partner sites around the Twin Cities Metro area. Topics range from how to make local businesses more dementia-friendly, to how to evaluate different housing options when an older couple is ready to move, or simply what The Center can do for you.

Medical Equipment Loan Program

The Center offers a variety of durable medical equipment items available for of loans up to three months.

We are here to support you.

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