



Caregiver Services

Connection to Resources

DARTS provides free expert guidance on resources and tools to help family members and friends care for their aging loved ones.

Caregiver Counseling & Coaching



DARTS provides counseling and coaching to people who are caring for an aging loved one. This service helps family caregivers gain the skills they need to stay balanced and confident throughout the caregiving journey.

Family Meetings

DARTS Caregiver Consultants can facilitate a meeting with family members to help guide difficult conversations about planning for the future of a loved one and the various care options available.



Caregiver Respite

Everyone needs a break from their responsibilities once in a while. DARTS strives to make that break happen for family caregivers by offering in-home respite for up to four hours a week. Compassionate, well-trained volunteers provide supervision and companionship to the person who is frail or ill, so that the caregiver can take a break, knowing their family member is safe.

Support Groups & Group Education



DARTS brings caregivers together to discuss their concerns about caregiving with knowledgeable professionals and to learn from others who share the same challenges. Group education opportunities are also available, focusing on caregiver wellness and topics related to caregiving. Call for details about support group times and location and information about group education.

Call 651-455-1560 for more information.



1645 Marthaler Lane | West St. Paul, MN 55118 | (651) 455-1560 | dartsconnects.org

It is the policy of DARTS to provide services to all persons who meet service eligibility criteria without regard to race, color, national origin, handicap, sexual orientation, or age. The caregiver services you may receive are funded in part by the Metropolitan Area Agency on Aging (MAAA) as part of the Older Americans Act.