

SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council
1650 Port Drive
Burlington, WA 98233
(360) 428-1301 Fax: (360) 428-1302

Resources For Caregivers

Local Organizations

Bradford House - Skagit Adult Day Care

116 N. Skagit St.
Burlington, WA 98233
(360) 755-1235
Email: skagitaduldaycare@yahoo.com

Gentry House - Skagit Adult Day Care

1208 7th Street
Anacortes, WA 98221
(360) 293-4466
Email: gentryadultday@yahoo.com

Alzheimer Society Of Washington

1308 Meador Avenue, Suite C-1
PO Box 4104
Bellingham, WA 98229
(360) 671-3316 or 1-800-493-3959
Email: alz@alzsociety.org

www.alzsociety.org

Provides education through an annual conference, a spring workshop, twice yearly 10-week support groups for those with early memory loss, and peer support groups for families.

Alzheimer's Association

100 W. Harrison Street
North Tower – Suite 200
Seattle, WA 98119
(206) 363-5500 or 1-800-848-7097
24-hour helpline: 1-800-272-3900
Email: inquirywa@alz.org

www.alzwa.org

Large number of books, pamphlets, videos and other materials available; members receive quarterly newsletter.

American Association of Retired Persons (AARP)

Washington State Office
9750 Third ave, NE #450
Seattle, Washington, 98115
1-866-227-7457

www.aarp.org/states/wa

Area Agency on Aging

Northwest Regional Council
600 Lakeway Drive
Bellingham WA. 98225
Administration (360) 676-6749
Intake: (360) 738-2500

www.nwrcwa.org

Area Agency on Aging services:

Family Caregiver Support Program

Includes Caregiver Information Kit, Caregiver Library (books and videos), Respite Care, Consultants, and Support Group for Adult Children of People with Dementia.

Senior Information and Assistance

Provides information and referral to caregivers. Assists in applying for programs and accessing resources in the community.

National Resource

Alzheimer's Education & Referral Center

P.O. Box 8250
Silver Spring, MD 20907
1-800-438-4380

www.nia.nih.gov/alzheimers

Provides information and publications on Alzheimer's disease for people with Alzheimer's, their family, professionals and the public. Also serves as a national resource for information regarding diagnosis, treatment, care, education and research.

Newsletters/ Publications

Care Tender

169 N Melissa St
PO Box 651
Camano Island, WA 98292-7352
(360) 387-0620
Email: Victoria@caretender.com

www.caretender.com

Victoria McCarty is an advocate for those with Alzheimer's/dementia. Her monthly newsletters contain tips, stories, inspirational quotes, recipes, puzzles, and reviews. \$16/year (12 issues).

Newsletters/ Publications (continued)

The Healthy Caregiver Community Foundation

7782 Crittenden Street
PO Box 27774
Philadelphia, PA 19118-0774
(215) 836-4262
Email: thecarenet@healthycaregiver.com

www.healthycaregiver.com

Quarterly periodical that provides tips to caregivers on staying healthy, health issues, and other caregiving issues. \$18/year.

Today's Caregiver

3350 Griffin Road
Ft. Lauderdale, FL 33312
1-800-829-2734
Email: info@caregiver.com

www.caregiver.com

Monthly magazine that addresses the issues facing caregivers today. \$18/year or free e-subscription.

How to Hire In-Home Helpers

Senior Information & Assistance
1650 Port Drive
Burlington, WA 98233
(360) 428-1301
Email: jandaskagit@dshs.wa.gov

www.nwrcwa.org

Informational booklet describing how to set up job descriptions & contracts, interview, check references, financial, ethical and legal considerations, and open communication with workers.

Helpful Websites

www.caregiver.org **Family Caregiver Alliance**

Supports and assists caregivers of brain-impaired adults through education, research, services and advocacy.

www.caregiving.com **Caregiving.com**

On-line support services.

www.caregiving.org **National Alliance for Caregiving.** *Information on long-term care.*

www.ltcplanningnetwork.com **Long Term Care Planning Network.** *Informational articles about long-term care, caregiving, and dementia.*

www.ncoa.org **National Council on Aging**

Resources for caregivers with special interest in community-based services for seniors.

www.nfcacares.org **National Family Caregivers Association**

Support for family caregivers through education and advocacy; includes quarterly newsletter and peer support network.

www.agelessdesign.com **Ageless Design**
Alzheimer's books and resources store.

www.niapublications.org
National Institute on Aging

NIA publications available for downloading; many of the publications are disease-related.

www.nicoa.org **National Indian Council on Aging**

www.alz.org **Alzheimer's Association**
Information on caregiving, dementia and more.

<http://www.nia.nih.gov/alzheimers>
Alzheimer's Disease Education and Referral Center. *Information about Alzheimer's and latest research.*

www.lewybodydementia.org
Specific information on Lewy Body Dementia, and caregiver tips.

www.ind-homecare.org **Indiana Association for Home and Hospice Care Inc.** *Tips for family caregivers.*

www.aarp.org/life/caregiving/ **AARP**
Articles on caregiving from the American Association of Retired Persons.

www.extension.org/family%20caregiving
WSU Cooperative Extension
Washington State University's publications on caregiving and aging; includes articles on rural caregiving.

www.dshs.wa.gov/kinshipcare/
Kinship Care in Washington State
This DSHS program for grandparents or other family members raising a relative's child.