

SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council
600 Lakeway Drive, Suite 100
Bellingham, WA 98225
(360) 738-2500 or (360) 380-8121

Resources For Caregivers

Local Organizations

Adult Day Health Program (St Joseph Hospital)

809 E. Chestnut

Bellingham, WA 98225

(360) 788-6410

Provides a comprehensive day program Mon-Fri. Also a Caregiver Support Group facilitated by skilled nursing and social service professionals.

Alzheimer Society of Washington

1308 Meador Ave., Suite C-1

PO Box 4101

Bellingham, WA 98227

(360) 671-3316 or 1-800-493-3959

www.alzsociety.org

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

Alzheimer's Association

12721 30th Ave NE

Seattle, WA 98125

(206) 363-5500 or 1-800-848-7097

24-hour helpline: 1-800-272-3900

www.alzwa.org

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

American Association of Retired Persons (AARP)

Washington State Office

9750 Third ave, NE #102

Seattle, Washington, 98115

1-866-227-7457

www.aarp.org

Area Agency on Aging

Northwest Regional Council

600 Lakeway Drive, Suite 100

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, Referral to support groups.

Kinship Navigator Program

Provides information and assistance functions along with supportive listening to grandparents and relatives of all ages who are raising children. Navigator connects kin with community resources such as health, financial, legal services, support groups, training and emergency funds.

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 Disease Education & Referral Center

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

<http://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

Today's Caregiver

6365 Taft Street # 3006
Hollywood, FL. 33024
1-800-829-2734

www.caregiver.com

Bi-monthly magazine that addresses the issues facing caregivers today. \$18/year.

How To Hire In-Home Helpers

Senior Information & Assistance
600 Lakeway Drive, Suite 100
Bellingham, WA 98225
(360) 738-2500

24-page booklet describing how to set up job descriptions & contracts, interview, check references etc.

Helpful Websites

www.caregiver.org

Family Caregiver Alliance

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

www.caregiving.org

National Alliance for Caregiving

A non-profit coalition of national organizations focusing on issues of family caregiving.

<http://www.medicare.gov/caregivers/>

The official **Medicare** website includes this set of pages for caregivers, with sections on Navigating Medicare, Help for Caregivers, Help with Billing, and Care Options.

<http://www.ltcplanningnetwork.com/>

Long Term Care Planning

Website contains information about services for caregivers in Canada. Also contains useful information for caregivers in general.

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

Serves as a national resource for people providing care with special interest in community based services for seniors.

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

Aims to improve quality of life for family caregivers through education, support and advocacy. Services include quarterly newsletter, and peer support network.

Helpful Websites (continued)

www.caring.com

A website for caregivers funded by advertisements, which has a useful topic list and question/answer format.

www.agelessdesign.com

Ageless Design

Advice and advances in living with Alzheimer's. Book "The Complete Guide to Alzheimer's-Proofing Your Home"

www.lotsahelpinghands.com

Can help you organize family members, friends, and others to assist with caregiving.

www.niapublications.org

National Institute on Aging

Website dedicated to listing all NIA publications available for downloading and previewing. Many of the publications are disease related.

www.nicoa.org

National Indian Council on Aging

Advocates for improved, comprehensive health and social services to American Indian and Alaska Native Elders.

www.alz.org

Alzheimer's Association

Caregiving issues, dementia basics, resource materials, diagnosis of dementia, much more.

<http://www.nia.nih.gov/alzheimers>

Alzheimer's Disease Education and Referral Center. Here one can find information about the disease including the latest research.

<http://www.lbda.org/>

Specific information on Lewy Body Dementia, and caregiver tips.

www.aarp.org/life/caregiving/ **AARP**

American Association of Retired Persons website has publications on caregiving issues.

www.wellspouse.org

Well Spouse Association. Non-profit addressing the needs of spouses of people with chronic illness. Newsletter "Mainstay" for members.

<http://ext.wsu.edu>

WSU Cooperative Extension

The WSU college cooperative extension publishes a number of educational materials on family issues including caregiving and aging. Look under Educational Materials / Family and Home / Elders.

<http://www.adsa.dshs.wa.gov/caregiving/>
Resources for Caregivers in Washington State

<http://www.dshs.wa.gov/kinshipcare/>
Kinship Care in Washington State

This DSHS program serves grandparents or other family members raising a relative's child. Topics covered include Benefits / Services, Health Care, Legal Issues, and Professionals who can help you.

Other handouts of interest to caregivers are available free of charge by calling
Senior Information & Assistance
(360) 738-2500

or at our website www.nwrcwa.org
- click on "Family Caregiver Support Program".