

Resources for Family Caregivers

Information and Assistance

Information & Assistance is a free service that connects family members, seniors and adults with disabilities to a wide range of public and private resources about aging and long-term care support services. We also provide assistance accessing these services. You can reach us by phone at 360-577-4929, by email at iakelso@dshs.wa.gov or by visiting www.HelpingElders.org.

Support Groups

It is always advisable to contact a support group before your first visit to confirm meeting time and location are still current.

➤ Caregiver Coffee

- Contact: Area Agency on Aging and Disabilities of Southwest Washington
- Phone: 360-577-4929
- Address: 1338 Commerce Avenue, # 309, Longview, WA 98632
- Meets once a quarter. ****Please call for the next session date****
- Description: Caregiver Coffee connects you to other family caregivers facing the same daily challenges you are facing. Come out, share your challenges, learn helpful tips, form friendships, enjoy a cup of coffee or tea and feel supported in this role of love you have undertaken.

➤ Powerful Tools for Caregivers

- Contact: Area Agency on Aging and Disabilities of Southwest Washington
- Phone: 360-577-4929
- ******Pre-registration is REQUIRED******
- Description: This six (6) week class teaches caregivers how to take care of themselves while caring for someone else.

➤ Caring for a Loved One at Home

- Contact: Area Agency on Aging and Disabilities of Southwest Washington
- Phone: 360-577-4929
- ******Pre-registration is REQUIRED******
- Description: This six (6) week class teaches caregivers how to provide care for their loved one. Participants learn about day to day care, lifting and moving their loved one, home safety, managing medications, challenging behaviors, legal and financial issues and community resources.

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➤ Memory Care Support Groups

- Contact: Memory Care Support Groups at Canterbury Gardens
- Phone: 360-423-2200
- **Location 1:** Canterbury Gardens
 - Meets the 1st Tuesday of each month at 10:00 AM
 - Address: 1457 3rd Avenue, Longview, WA 98632.
 - Day Care provided.
- **Location 2:** Kaiser-Longview Office
 - Kaiser Health Insurance NOT required to attend
 - Meets the 3rd Thursday of each month at 6:30 PM
 - Address: 1230 7th Avenue, Longview WA 98632
 - Day Care provided at Canterbury Gardens.

➤ Fibromyalgia Support Group of Cowlitz County and Beyond

- Contacts: Carol
- Phone: 360-423-7543
- Location: VFW Longview (This is a new location as of 3/14/18)
- Address: 4311 Ocean Beach Highway, Longview, WA 98632
- Meets the 2nd Wednesday of the month from 11:00 AM - 1:00 PM
- No cost
- Pre-registration not required, walk-ins welcome
- Description: An uplifting support group for those who have Fibromyalgia and their care partners.

➤ Parkinson's Disease Support Group

- Contact: Parkinson's Support Groups at Canterbury Inn
- Phone: 360-425-7947
- Meets the 3rd Wednesday of each month at 2:00 PM at Canterbury Inn
- Location: 1324 3rd Avenue, Longview, WA 98632

➤ Brain Injury Support Group

- Contact: Carla-Jo Whitson
- Phone: 360-991-4928
- Email: carlajow@braininjurywa.org
- Location: The Area Agency on Aging and Disabilities of SW Washington, 1338 Commerce Avenue, 3rd floor, Longview WA (Parking in the back on 12th Avenue)
- Meets the 2nd Thursday of each month from 11:30 AM – 12:30 PM
- No cost
- Open to survivors, loved ones and caregivers
- No pre-registration required, walk in's welcome
- It is suggested that you call prior to your 1st visit to confirm the group hasn't been cancelled or changed.

➤ National Alliance on Mental Illness (NAMI) Southwest Washington-Longview Office

- <https://namiswwa.org/>

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- Contact: Jan
- Phone: 360-703-6722
- Address: 1128 Broadway, Longview WA 98632
- Email: info@namiswwa.org

❖ Mental Health Support Group

- Support group for adult family members, caregivers or loved ones (minimum age of 18) of a person living with mental health challenges.
- This group is NOT for the individual living with mental health symptoms/challenges (for information on support groups for those living with mental health symptoms/challenges call NAMI Southwest Washington)
- Pre-registration NOT required, drop-in's welcome
- No cost
- Meets Tuesdays from 6:00 – 7:30 PM at the Longview NAMI Southwest Washington office

❖ Mental Health Classes and Seminars

- To register for classes and seminars please contact the Longview NAMI Southwest Washington office
- ******Pre-registration is REQUIRED for classes and seminars******
- No cost for the classes and seminars

➤ Family-to-Family (Class)

- Description: Learn about managing crisis, problem solving, taking care of yourself, managing stress, current treatments (including evidence-based therapies, medications and side effects) and the impact of mental illness on the entire family. Discuss information on mental health conditions and how they affect the brain.
- Available for family members and caregivers who have a loved one 18 years or older with any mental health challenges.
- Meets 1 time per week for 12 weeks
- Each session is 2.5 hours
- Contact the Longview office of NAMI Southwest Washington for the next class dates.

➤ Family & Friends (Seminar)

- Description: Support and education for those who have a loved one 18 years or older with a mental health condition.
- Meets 1 time per month, normally on a Saturday
- Each session is 4 hours
- Contact the Longview office of NAMI Southwest Washington for the next seminar dates.

➤ NAMI Basics (Class)

- Description: Learn how to advocate for your child's rights, manage crisis, problem solving, how to care for yourself and handle stress, and understanding the challenges and impact of mental health conditions on the entire family. Gain an overview of the public mental health care, school, and juvenile justice systems and supporting resources to help you navigate these systems.
- Available for parents and caregivers of children under the age of 18 living with mental health challenges.
- Meets 1 time per month for 6 weeks

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- Each session is 2.5 hours
- Contact the Longview office of NAMI Southwest Washington for the next class dates.

➤ VA Portland Health Care System Caregiver Support Program

- <https://www.portland.va.gov/services/caregiver/index.asp>
- For more information on the VA Portland Caregiver Program or to enroll please call: 503-273-5210
- VA Portland Caregiver Support Program is available to Family Caregivers of Veterans of all eras.
- **Caregiver Support Line**
 - 1-855-260-3274
 - A toll free number for Caregivers, Veterans and/or Community Partners to call for supportive counseling, information, education and/or Caregiver Support Coordinators.
- **Caregiver Support Program Support Group**
 - Drop-in support group
 - Provides Education and emotional support to caregivers
 - Contact VA Portland Caregiver Program for more information or to enroll
 - Meets 1st and 3rd Monday of each month from 1:00 – 3:00 PM
 - Location: VA Portland, 3710 SW US Veterans Hospital Road, Building 101, Room 207, Portland, OR 97239
 - Phone: 800-767-1750 access code 19041#
- **Gentle Yoga for Family Caregivers**
 - Meets 2nd and 4th Monday of each month from 1:00 – 2:15 PM
 - Location: VA Portland, 3710 SW US Veterans Hospital Road, Building 101, Room 201, Portland, OR 97239
 - No cost
 - Contact VA Portland Caregiver Program for more information and to enroll
 - Gentle yoga classes to improve and sustain well-being for Caregivers of all skill levels. Classes focus on safe and gentle stretches to enhance over all mind/body balance.
 - Caregivers may bring the Veteran they are caring for
- **Wellness Café-Vancouver VA Campus**
 - Meets 1st Thursday of each month from 10:00 – 11:00 AM
 - Location: VA Vancouver Campus, 1601 E 4th Plain Boulevard, Columbia Room, Building 11, Room 305, Vancouver WA
 - Contact: Maria Loebach
 - Phone: 503-729-0781
 - Email: Maria.Loebach@va.gov
 - Explore a variety of holistic self-care practices that support health and well-being. A self-care practice will be presented at each gathering. Education will be provided regarding the physical, mental and emotional benefits, with an opportunity to practice and experience each new skill.
- **The Savvy Caregiver Program**
 - A six session psycho-educational series designed especially for unpaid caregivers of loved ones with dementia. This program is offered for veterans and caregivers of veterans through the Portland VA Medical Center.

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- For more information or to enroll contact Kristi Ketchum at 503-220-8262 ext. 58594

➤ **Advanced Stage Cancer Support Group**

- Description: A support group for patients of the Lower Columbia Regional Cancer Center who have stage 3 or 4 cancer.
- Patients only
- No cost
- Phone: 360-414-7968
- Meets every Thursday from 2:00 – 3:30 PM at the Lower Columbia Regional Cancer Center
- Address: 1615 Delaware Street, Longview, WA 98632

➤ **Look Good....Feel Better Workshop**

- Description: An American Cancer Society service program designed to help women undergoing cancer treatment cope with appearance-related side effects of treatment and regain a sense of self-confidence and control in their lives.
- Meets PM at the Lower Columbia Regional Center. ****Please call for specific workshop dates/times****
- Phone: 360-414-7968
- Address: 1615 Delaware Street, Longview, WA 98632

➤ **“I Understand” Women’s Breast Cancer Support Group**

- Description: Open to women living with breast cancer to share their experience and gain information and support as they work to get well and stay well.
- Meets the 4th Monday of every month at PeaceHealth St. John Medical Center, Conference Rooms C&D at 6:30 PM.
- Address: 1615 Delaware Street, Longview, WA 98632
- Phone: 360-747-5958

➤ **Bereavement Support Information**

- Description: The Spiritual Care Department at PeaceHealth St. John Medical Center can offer assistance with end of life issues and concerns.
- Address: 1615 Delaware Street, Longview WA 98632
- For information please call: 360-414-7575

➤ **Community Home Health & Hospice**

❖ **Grief Support Groups (ADULT)**

- Email: griefsupport@chhh.org
- Phone: 360-703-0300 (Grief Support Services, Bereavement Coordinator)
- Description: Find peer support in a caring environment for adults who are grieving the loss of a loved one.
- All sessions are free and people may drop in as needed.
- ***Daytime Group Location 1:*** James Avery Bereavement Center
 - Address: 1000 12th Avenue, Longview WA 98632
 - Meets 1st and 3rd Monday of the month from 1:00 PM – 2:30 PM
- ***Evening Group:*** James Avery Bereavement Center

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- Address: 1000 12th Avenue, Longview WA 98632
 - Meets 2nd and 4th Monday of the month from 6:00 – 8:00 PM
- **Daytime Group Location 2:** Canterbury Inn
 - Address: 1324 3rd Avenue, Longview WA 98632
 - Meets 1st Friday of the month at 10:30am
- ❖ Classes (ADULT)
 - **Men's Group:** James Avery Bereavement Center
 - Address: 1000 12th Avenue, Longview WA 98632
 - Five (5) week classes which are scheduled throughout the year.
 - Classes are typically evening classes from 6:00 – 7:30 PM
 - Please call Grief Support Services at 360-703-0300 for upcoming start dates.
 - **Survivors of Suicide Loss:** James Avery Bereavement Center
 - Address: 1000 12th Avenue, Longview WA 98632
 - ******Pre-registration is REQUIRED******
 - Eight (8) week classes which are scheduled throughout the year.
 - Please call Grief Support Services at 360-703-0300 for upcoming dates and registration.
 - Attendance is imperative. Please plan to stay for full class.
 - Only one (1) member of a family may participate in each eight (8) week session.
- ❖ Grief Support Groups (YOUTH, Ages 5 – 17)
 - ******Pre-registration is REQUIRED for all YOUTH support groups******
 - YOUTH Support Groups run October – August (no youth groups in September)
 - Email: griefsupport@chhh.org
 - Phone: 360-703-0300 (Grief Support Services, Bereavement Coordinator)
 - No cost for the support groups
 - **Youth and Families:** James Avery Bereavement Center
 - **Ages 5 – 10 ****Parents Grief Support Group also at the same time (separate groups for each)******
 - Address: 1000 12th Avenue, Longview WA, 98632
 - Meets 1st and 3rd Tuesday of the month from 6:00 – 7:30 PM
 - **“Tweens” and Families:** James Avery Bereavement Center
 - **Ages 11 – 13 ****Parents Grief Support Group also at the same time (separate groups for each)******
 - Address: 1000 12th Avenue, Longview WA, 98632
 - Meets 1st and 3rd Tuesday of the month from 6:00 – 7:30 PM
 - **Teens and Families:** James Avery Bereavement Center
 - **Ages 14 – 17 ****Parents Grief Support Group also at the same time (separate groups for each)******
 - Address 1000 12th Avenue, Longview WA, 98632
 - Meets 1st and 3rd Tuesday of the month from 6:00 – 7:30 PM

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Legal Resources

Washington Law Help

www.washingtonlawhelp.org

Washingtonlawhelp.org provides legal information to low-income people in Washington. Find 100s of self-help materials, forms and more in the areas of Family Law, Housing, Government Benefits and Health, Aging/Elder Law.

Websites for Caregivers

Area Agency on Aging & Disabilities of SW Washington

<https://helpingelders.dailylivingadvice.com/>

Aging and Disability Services Administration

<http://www.adsa.dshs.wa.gov/caregiving>

Family Caregiver Alliance

www.caregiver.org

National Alliance for Caregiving

www.caregiving.org

Alzheimer's Association

www.alz.org

National Family Caregivers Association

www.nfcacares.org

Lotsa Helping Hands

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

Well Spouse Foundation

www.wellspouse.org

Today's Caregiver

www.caregiver.com

Benefits CheckUp

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

My Medicare Matters

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

Home Equity Advisor

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

Veterans Affairs Caregiver Support

www.caregiver.va.gov

Area Agency on Aging and Disabilities of Southwest Washington does not recommend or endorse any particular group nor have we screened them. We offer this information only as a resource and your relationship with any group is your own responsibility.

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