

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 360-694-8144, email at iaclark@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.

General Family Caregiver Support Groups

Graceful Living Activity Center

- *This support group is NOT condition specific and is open to all caregivers*
 - Contact: Amy Holland
 - Phone: 360-253-8697 Option 2
 - Address: 9900 SE Mill Plain Road Vancouver 98664
 - Email: graceful.living@gracevancouver.org
 - Meets 4th Wednesday of the month at 10:00 AM
 - Respite is available, call for details
 - No pre-registration is required

Hope, a Dementia Support Group

www.hopedementiasupport.org

- Phone: 360-513-5754
 - Email: thereisalwayshopeinfo@gmail.com
 - Groups are free to attend
- **Location 1:** Highgate Senior Living
 - Address: 9803 NE Hazel Dell Avenue, Vancouver, WA 98665
 - Meets Thursdays from 7:00 to 8:30 PM
 - Contact: Kassie Fisk
 - Phone: 503-704-2232
 - Free respite care is available, please coordinate with group facilitator.
 - For evening-entry door code, please contact the group facilitator.

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- **Location 2:** The Hampton at Cascade Park
 - Address: 1617 SE Talton Avenue, Vancouver, WA 98683
 - Meets Tuesdays from 2:00 to 4:00pm
 - Contact: Darlene Peterson
 - Phone: 360-713-3831
 - Free respite care is available, please coordinate with group facilitator.

- **Location 3:** The Hampton at Salmon Creek
 - Address: 2305 NE 129th Street, Vancouver, WA 98686
 - Meets Tuesdays from 10:30 AM to 12:30 PM
 - Contact: Colleen Palminteri
 - Phone: 951-237-7847
 - Free respite care is available, please coordinate with group facilitator.

- **Location 4:** Legacy Salmon Creek Hospital
 - Address: 2211 NE 139th Street, Conference Room B (6th floor), Vancouver, WA 98686
 - Meets Mondays from 3:30 to 5:30 PM
 - Contact: Jan Malone
 - Phone: 360-907-5566
 - Check at information desk for floor/room location

- **Location 5:** Mallard Landing
 - Address: 813 SE Clark Avenue Battle Ground 98604
 - Meets Mondays from 6:00 to 8:00 PM
 - Contact: Lynn Crawford
 - Phone: 360-991-3197

- **Location 6:** PeaceHealth Southwest Medical Center, Health Education Center
 - Address: 600 NE 92nd Avenue, Vancouver, WA 98664
 - Meets Thursdays from 10:00 AM-12:00PM
 - Contacts: Julie Donovan and Lynn Crawford
 - Phone: 360-608-8613 and 360-991-3197

- **Location 7:** The Hampton at Cascade Park (2nd group)
 - Address: 1617 SE Talton Avenue Vancouver 98683
 - Meets Wednesdays from 10:00-11:30 AM
 - Contact: Mary Carroll
 - Phone: 360-624-3919
 - Free respite care is available, please coordinate with group facilitator.

Alzheimer's Association, Oregon and Southwest Washington Chapter

<https://www.alz.org/oregon>

- Toll free phone: 1-800-272-3900
- Email: infoalzoregon@alz.org

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- **Location 1:** Kaiser-Salmon Creek Medical Office (Caregiver Support Group)
 - Address: 14406 NE 20th Avenue, Conference Rooms 1A and 1B, Vancouver WA 98686
 - Kaiser Health Insurance NOT required to attend
 - Meets 2nd Wednesday of the month from 6:00 – 8:00 PM
 - Pre-registration not required, walk-in's welcome

- **Location 2:** Kaiser-Orchards (Caregiver Support Group)
 - Address: 7101 NE 137th Avenue, Conference Room A, Vancouver WA 98682
 - Kaiser Health Insurance NOT required to attend
 - Meets 3rd Monday of the month from 1:30 – 3:00 PM
 - Pre-registration not required, walk-in's welcome

- **Location 3:** Kaiser-Cascade Park (Caregiver Support Group)
 - Address: 12607 SE Mill Plain Boulevard, Conference Room 7A, Vancouver WA 98684
 - Kaiser Health Insurance NOT required to attend
 - Meets 1st Thursday of the month from 6:00 – 7:30 PM
 - Pre-registration not required, walk-in's welcome

- **Location 4:** Trinity Lutheran Church (Early-Stage Support Group)
 - Address: 309 W 39th Street, Vancouver, WA 98660
 - Meets 2nd Monday of the month from 1:00 – 3:00 PM
 - The Early-Stage Support Group is designed for both the caregiver and care receiver.
 - *Registration and screening are REQUIRED for all early-stage support groups. Please call 1-800-272-3900 for more details and to register.*

- **Location 5:** CDM Services (Caregiver Support Group)
 - Address: 2300 NE Andresen Road, Vancouver, WA 98661
 - Meets 1st Tuesday of the month from 4:30 – 5:30 PM
 - Pre-registration not required, walk-in's welcome
 - Respite is available, please call CDM in advance at 360-567-4590 to arrange.

- **Location 6:** Mannahouse Church, formerly City Bible Church
 - *Spanish Speaking Caregiver Support Group*
 - Address: 14311 SE Mill Plain Boulevard, Vancouver WA 98684
 - Meets 2nd Tuesday of the month from 6:00 – 7:30 PM
 - Pre-registration not required, walk-in's welcome
 - This support group is primarily for Spanish Speaking caregivers.

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.
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- **Caregiver Support Line**
 - 1-855-260-3274

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

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

<https://namiswwa.org/>

- Phone: 360-695-2823
- Address: 5411 E Mill Plain Boulevard, Suite 4, Vancouver, WA 98611
- Email: info@namiswwa.org

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❖ 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 Thursdays from 3:00 – 4:00 PM at the Vancouver NAMI Southwest Washington office

❖ Mental Health Classes and Seminars

- To register for classes and seminars please contact the Vancouver 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 of older with any mental health challenges.
- Meets 1 time per week for 12 weeks
- Each session is 2.5 hours
- Contact the Vancouver office of NAMI Southwest Washington for 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 Vancouver 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 conditions.
- Meets 1 time per week for 6 consecutive weeks, or may be offered twice per week for 3 weeks to accommodate the hectic schedules of parents.
- Each session is 2.5 hours
- Contact the Vancouver office of NAMI Southwest Washington for the next class dates.

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ALS Association-Oregon and SW Washington Chapter Support Group

- **Location:** St. Luke's Episcopal Church
 - Address: 426 E Fourth Plain Blvd., Vancouver WA 98663
 - Meets 2nd Wednesday of the month from 3:00pm-4:30pm
 - Support group is for those living with ALS as well as their family caregivers
 - Contact: Cassy Adams
 - Phone: 503-238-5559 ext.100

Parkinson's Resources of Oregon (also covers SW Washington)

www.parkinsonsresources.org

- Phone: 503-594-0901 or toll free 1-800-426-6806
- See website for details on "Special Interest" support groups (Male Caregiver groups, Women's Care Partner groups, Lewy Body Dementia, Alternative Treatments, Young Onset, Newly Diagnosed, etc.) that may be available in Portland Oregon and surrounding areas.

- **Location 1:** The Quarry
 - Contact: Heather
 - Phone: 360-944-6000
 - Address: 417 SE 177th Avenue, Vancouver WA
 - Meets 2nd Wednesday of the month at 10:00 AM
- **Location 2:** Touchmark at Fairway Village
 - Contact: Jan or Linda
 - Phone: 360-433-6400 or 360-882-9110
 - Address: 2911 SE Village Loop, Vancouver, WA 98683
 - Meets the 1st Wednesday of the month at 1:00 PM
 - ❖ Care Partner Group
 - Contact: Jan
 - Phone: 360-433-6400
 - Address: 2911 SE Village Loop, Vancouver, WA 98683
 - Meets 2nd Tuesday of the month at 11:30 AM
- **Location 3:** Legacy Salmon Creek
 - Contact: Cal and Diana
 - Phone: 360-892-1985
 - Address: 2211 NE 139th Street, Vancouver WA 98686
 - Meets the 3rd Friday of the month at 1:00 PM
- **Location 4:** Boomerang Therapy Works
 - Contact: Cathy
 - Phone: 503-863-4340
 - Address: 210 West 4th Street, Vancouver WA
 - Meets 3rd Thursday of the month at 1:30 PM
 - ❖ Care Partner Group

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- Contact: Cathy
- Phone: 503-863-4340
- Address: 210 West 4th Street, Vancouver WA
- Meets 1st Thursday of the month at 1:30 PM

Northwest Parkinson's Foundation

www.nwpcf.org

- Email: info@nwpcf.org
- Toll free phone: 1-877-980-7500
- Provides education, care, support, information and referral, conferences, wellness center, support of support groups-mission is to help people living with PD to live an optimal life while waiting for a cure.

American Parkinson Disease Association – Washington Chapter

www.apdaparkinson.org/community/northwest/

- Email: apdanw@apdaparkinson.org
- Phone: 206-695-2905
- The American Parkinson Disease Association (APDA) works to improve the lives of people with Parkinson's disease and their families patient/caregiver support; education and positive lifestyle programs; awareness, social and fundraising events; and scientific research funding at all levels

Brain Injury Alliance – Washington, Traumatic Brain Injury Support Group

- **Location:** Legacy Salmon Creek Hospital
 - Contact: Carla-Jo Whitson
 - Phone: 360-991-4928
 - Email: carlajow@biawa.org
 - Address: 2211 NE 139th Street, Conference Room B on the 3rd floor, Vancouver WA
 - Description: Meets the 2nd and 4th Thursday of each month from 2:00 PM to 3:00 PM
 - No cost
 - Open to survivors, loved ones and caregivers
 - No pre-registration required, walk in's welcome.
 - It is suggested you call prior to your 1st visit to confirm the group hasn't been cancelled or changed.

Stroke/Brain Conditions Support Group

- *Support for survivors, family member, friends and caregivers*
 - For additional information contact Joanie Peckels at strokeambassador@gmail.com or 360-907-4457.
- **Location 1:** PeaceHealth Southwest Medical Center, Health Education Center
 - Address: 600 NE 92nd Avenue, Vancouver, WA 98664
 - Phone: 360-514-3273
 - Schedules are sent out about once a week to give group members updates on activities that may be planned.
 - **Group 1:** Meets 1st Thursday of each month (except during July & December)
 - 5:30 PM to 7:00 PM
 - **Group 2:** Meets 3rd Thursday of each month
 - 2:00 PM to 3:00 PM

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- **Lunch Gathering:** meets on the Wednesday following the 1st Thursday of the month at 1:00 PM.
 - Location: Benny's Rod & Pizza, 4219 SE St. John's Road, Vancouver WA
- **Location 2:** Legacy Salmon Creek Medical Center, 6th Floor Classroom
 - Address: 2211 NE 139th Street, Vancouver, WA 98686.
 - Meets 4th Thursday of each month (except during November and December)
 - 6:00 PM-7:30 PM
 - August meeting is replaced by a large group picnic (see group coordinator for more details)
 - December has a Christmas gathering (see group coordinator for more details)

Breast Friends

<http://www.breastfriends.org/oregon-services/gno/>

- Phone: 503-598-8048
- Support for women and care partners affected by women's cancer.
- ******Note:** the VANCOUVER support group has been temporarily suspended until further notice. There are several support groups available in Portland at this time. Please see Breast Friends website for the closest locations.

Community Home Health & Hospice

❖ Grief Support Groups (ADULT)

- Email: griefsupport@chhh.org
- Phone: 360-703-0300 (Grief Support Services) *Note: this is a long distance phone number*
- 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.
- **Location 1:** Seasons of Hope Grief Center
 - Address: 3102 NE 134th Street Vancouver 98686
 - Daytime group: meets 2nd and 4th Tuesday of the month from 1:00 to 2:30 PM
 - Evening group: meets 1st and 3rd Wednesday of the month from 6:00 to 8:00 PM
- **Location 2:** Columbia Ridge Senior Living
 - Address: 2300 W 9th Street, Washougal 98671
 - Day group: meets 3rd Monday of the month from 3:00-4:30 PM
- **Location 3:** Woodland Care Center
 - Address: 10 4th Street, Woodland 98674
 - Day group: meets 2nd and 4th Thursday of the month from 2:00 to 3:30 PM

❖ Classes (ADULT)

- **Men's Group:** Seasons of Hope Grief Center
 - Address: 3102 NE 134th Street Vancouver 98686
 - Five (5) week classes which are scheduled throughout the year.
 - Please call Grief Support Services at 360-703-0300 for upcoming start dates.*Note: this is a long distance phone number*

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- **Survivors of Suicide Loss:** Seasons of Hope Grief Center
 - Address: 3102 NE 134th Street Vancouver 98686
 - ******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. *Note: this is a long distance phone number*
 - 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 Recovery Method-Bereavement Class:** Seasons of Hope Grief Center
 - Address: 3102 NE 134th Street Vancouver 98686
 - ******Pre-registration is REQUIRED******
 - Eight (8) week classes which are scheduled throughout the year.
 - Please call Grief Support Services at 360-703-0300 for more details and specific information, upcoming dates and registration. *Note: this is a long distance phone number*
 - Group size is limited to 8. Attendance is imperative for optimum benefit. Please plan to attend each of the 8 classes.
 - Description: This group will be facilitated by a trained Grief Recovery Specialist and utilizes written material and assignments to explore and process grief.

Hospice Southwest - Hope Bereavement Services

www.peacehealth.org/southwest/services/hospice/bereavement-services

- Phone: 360-696-5120
- Address: 5400 MacArthur Boulevard, Vancouver 98668

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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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