

## 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 [ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov) or by visiting [www.HelpingElders.org](http://www.HelpingElders.org).

### Support Groups

**DISCLAIMER: In response to COVID-19 Public Health guidance, many support groups on this list have either been temporarily suspended, changed, or have moved to an online format. Please contact the specific agencies or if listed, the specific contacts for the support groups for current meeting times, locations and formats.**

### General Family Caregiver Support Groups

#### AAADSW Family Caregiver Support Group

- **Location 1:** Online via Zoom
  - Online support groups for people caring for a loved one.
  - Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 10:00 to 11:30 AM.
  - **Registration is required**
    - To register, contact ADRC Information & Assistance by phone at 360-694-8144 or by email at [ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov)
    - Zoom meeting link and details will be provided at registration.
  - Support groups are not medical condition specific.
  - Support groups are for the caregiver only.
  - The Family Caregiver Support Group, guided by a facilitator, offers family caregivers a place to:
    - Connect with other caregivers
    - Talk about issues and ways of coping
    - Share feelings, needs and concerns
    - Learn about Community Resources
  - For more information about the group, please contact the group facilitator:
    - Julie Donovan, email: [Julie.Donovan@dshs.wa.gov](mailto:Julie.Donovan@dshs.wa.gov)

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## **HOPE Dementia Support**

[www.hopedementiasupport.org](http://www.hopedementiasupport.org)

- Phone: 360-513-5754
- Email: [alwayshopeinfo@gmail.com](mailto:alwayshopeinfo@gmail.com)
- Groups are free to attend
- Free respite care is available for some groups, contact group facilitator for more information.
- Due to frequent changes and the change to meeting online for some groups, please go to: <https://hopedementiasupport.org/find-a-support-group/> to find support group facilitators, days, times, and locations. Any questions, contact the facilitator of the group.

## **Alzheimer's Association, Oregon and Southwest Washington Chapter**

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

- Toll free phone: 1-800-272-3900
- Email: [infoalzoregon@alz.org](mailto:infoalzoregon@alz.org)
- Support group schedules are assessed monthly. To find support group days, times and locations please go to: [https://www.alz.org/events/event\\_search](https://www.alz.org/events/event_search)
- Support groups are offered for caregivers, individuals living with Alzheimer's and others dealing with the disease. All support groups are facilitated by trained individuals.

## **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 1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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

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➤ **Wellness Café-Vancouver VA Campus**

- Meets 1<sup>st</sup> Thursday of each month from 10:00 – 11:00 AM
- Location: VA Vancouver Campus, 1601 E 4<sup>th</sup> Plain Boulevard, Columbia Room, Building 11, Room 305, Vancouver WA
- Contact: Maria Loebach
- Phone: 503-729-0781
- Email: [Maria.Loebach@va.gov](mailto: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: 2500 Main Street, Suite # 120, Vancouver WA 98660 (Serving Clark, Cowlitz, Skamania and Wahkiakum counties)
- Email: [info@namiswwa.org](mailto:info@namiswwa.org)
- Due to frequent changes and the change to meeting online for support groups, please go to: <https://namiswwa.org/zoom/> to find support group days, times, and locations.

**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 2<sup>nd</sup> 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](http://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.
- Due to frequent changes and the change to meeting online for support groups, please go to: <https://www.parkinsonsresources.org/programs/support-groups/> to find support groups, days, times, and locations.

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## Northwest Parkinson's Foundation

[www.nwpcf.org](http://www.nwpcf.org)

- Email: [info@nwpcf.org](mailto: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/](http://www.apdaparkinson.org/community/northwest/)

- Email: [apdanw@apdaparkinson.org](mailto: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](mailto:carlajow@biawa.org)
- Address: 2211 NE 139<sup>th</sup> Street, Conference Room B on the 3<sup>rd</sup> floor, Vancouver WA
- Description: Meets the 2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> 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](mailto:strokeambassador@gmail.com) or 360-907-4457.

➤ **Location 1:** PeaceHealth Southwest Medical Center, Health Education Center

- Address: 600 NE 92<sup>nd</sup> 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 3<sup>rd</sup> Thursday of each month
  - 2:00 PM to 3:00 PM
- **Lunch Gathering:** meets on the Wednesday following the 1<sup>st</sup> Thursday of the month at 1:00 PM.
  - Location: Benny's Rod & Pizza, 4219 SE St. John's Road, Vancouver WA

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- **Location 2:** Legacy Salmon Creek Medical Center, 6<sup>th</sup> Floor Classroom
  - Address: 2211 NE 139<sup>th</sup> 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

- Phone: 360-703-0300 (Grief Support Services) \*Note: this is a long distance phone number\*
- Email: [GriefSupport@chhh.org](mailto:GriefSupport@chhh.org)
- *For all Community Home Health & Hospice adult or youth support groups and classes listed below:* Due to frequent changes and the change to meeting online for some support groups, please go to: <https://www.chhh.org/services/grief-support/> to find days, times and locations.
- Please contact Community Home Health & Hospice directly for additional information on how to register for classes or support groups.

### ❖ Grief Support Groups (ADULT)

- **\*\*\*\*Pre-registration is REQUIRED\*\*\*\***
- Description: Find peer support in a caring environment for adults who are grieving the loss of a loved one.
- All sessions are free.
- Adults may drop in on a couple of sessions to see if a group is right for them.

### ❖ Classes (ADULT)

#### ➤ *Survivors of Suicide Loss:*

- **\*\*\*\*Pre-registration is REQUIRED\*\*\*\***
- Eight (8) week classes which are scheduled throughout the year.
- 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:*

- **\*\*\*\*Pre-registration is REQUIRED\*\*\*\***
- Eight (8) week classes which are scheduled throughout the year.
- 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.

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➤ *Walk Through Grief:*

- \*\*\*\*Pre-registration is REQUIRED\*\*\*\*
- Six (6) week classes which are scheduled throughout the year.
- Recommended for people 3-6 months after the loss of a loved one.
- Description: This educational group on grief will give attendees the vocabulary and an understanding of grief to make the support groups more impactful.

## Hospice Southwest - Hope Bereavement Services

[www.peacehealth.org/southwest/services/hospice/bereavement-services](http://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](http://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](http://www.caregiver.org)

National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org)

Alzheimer's Association

[www.alz.org](http://www.alz.org)

National Family Caregivers Association

[www.nfcares.org](http://www.nfcares.org)

Lotsa Helping Hands

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

Multiple Sclerosis Foundation

<https://msfocus.org/Get-Help>

Well Spouse Foundation

[www.wellspouse.org](http://www.wellspouse.org)

Today's Caregiver

[www.caregiver.com](http://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](http://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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