

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 CowlitzADRC@dshs.wa.gov or by visiting 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.

➤ 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.

➤ AAADSW Kinship Caregiver Support Group

- *Location:* Online via Zoom
- Online support groups for families raising a relative child.
- Meets 3rd Friday of each month from 1:00 to 2:30 PM.
- **Registration is required**
- To register or for more information about the group contact the group facilitator, Sarah Revord by phone at 360-759-4317 or by email at sarah.revord@dshs.wa.gov
- Zoom meeting link and details will be provided at registration.
- Support groups are for the caregiver(s) only.
- The Kinship Caregiver Support Group, guided by a facilitator, offers kinship caregivers a place to:
 - Connect with other caregivers
 - Talk about issues and ways of coping
 - Share feelings, needs and concerns
 - Learn about 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@biawa.org
- Location: Pietrio's Pizzeria, 614 Commerce Avenue, Longview WA
- 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.

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➤ **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
- 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.

➤ **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

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- ***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

➤ **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**

- Phone: 360-703-0300 (Grief Support Services) *Note: this is a long distance phone number*
- Email: 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.

❖ **Grief Support Groups (YOUTH, Ages 5 - 17)**

- ******Pre-registration is REQUIRED for YOUTH support groups******
- YOUTH Support Groups run October – August (no youth groups in September)
- Youth Support Groups are split into Children’s Support (Elementary School) and Teen Support (Middle/High School)

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- Children and teens enrolled have the opportunity to attend Camp Cedars in the summer. Camp Cedars helps children continue their grief work in a supportive, camp environment. Facilitated by trained staff, camp activities include, talking circles, art, games and storytelling.

❖ 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.

➤ *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.

➤ HOPE Dementia Support

- www.hopedementiasupport.org
- Phone: 360-513-5754
- Email: 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.

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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/>

Multiple Sclerosis Foundation

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

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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