

Caregiver Resources

Caregiver Respite Services:

There are many options for respite within the state of WA. Respite can be unpaid, funded through a state/private grant, or supplemented through some insurance polices. Services can be provided in the home or outside the home at an adult day program or overnight options through assisted living/long term care facilities.

- 1) [Sound Generations](#) has a detailed list of private in home care support and resources. This is an out of pocket expense, however some insurance plans will provide some support and assistance.
Telephone: (206) 448-3110 or Toll Free: 1-888-4Elders (1-888-435-3377)
- 2) [Community Options Program Entry System \(COPES\)](#) is a Medicaid waiver program designed to help residents remain in their home by receiving services in home. Support include home modification, personal emergency response, transportation and in home care.
Telephone: (360) 725-2300
- 3) [Full Life Adult Day Program](#) provides structured activities and a meal for seniors. The days and time vary by location.
Telephone: (206) 528-5315
- 4) [Senior Centers](#), visit your local senior center to find out more information on programs and services.
Telephone: 2-1-1 for local center
- 5) [Tailored Supports for Older Adults \(TSOA\)](#) Medicaid funded program that provides services to support unpaid caregivers in WA and a small personal care benefit to people who don't have an unpaid family caregiver to help them. Supports individuals age 55 or older who are "at risk" of needing long-term services and support who don't currently meet Medicaid financial eligibility criteria
Telephone: (855) 567-0252
- 6) [Lifespan Respite](#) voucher program to provide respite services to those who are not eligible for or receiving respite through other systems of care. Application is required and does not assume funding will be provided.
Telephone: (425) 355-1112
- 7) Residential Facilities some long term care facilities and Assisted Living Facility have a set number of beds/rooms reserved for short term respite stay. These services are not covered by insurance and rates vary by location/services. Please contact your social worker for more information on available options.
- 8) [Crisis Clinic](#): provides "emergency caregiving" to allow caregiver time to arrange for a permanent solution
Telephone: 2-1-1

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Caregiver Resources

Caregiver Support Groups

[Washington chapter of Alzheimer Association](#): resources and support groups for individuals with Alzheimer diagnosis, family and loved of individuals with diagnosis and caregivers
Telephone: (800) 272-3900

[Phinney Center at the Greenwood Senior Center](#); offers support groups and day programs for individuals with memory loss as well as their loved ones and caregivers.
Telephone: (206) 297-0875

[Center for Chronic Illnesses](#) – general chronic illness support group for individuals and their caregivers
Telephone: (425) 296-2705

[Virginia Mason Stroke Support Group](#) – held at Horizon House 2nd Wednesday of each month. Patients and family support are invited to attend
Telephone: (206) 341-0799

[Head Injury Support Group](#)- Visit the link or contact Washington Brain Injury Resource Center for assistance in locating a support group
Telephone: (877) 982-4292

[Young Adult Stroke Survivor Support Group](#) meets 3rd Saturday of each month. Caregiver support group runs at the same time
Telephone: (206) 241-7693

Caregiver Organizations

- 1) [Sound Generations](#) (formally Senior Services) is a nonprofit organization serving King County residents. The program works with individuals and family to help access community support and services such as: food security, transportation, health and wellness and assistance services throughout the county.
Telephone: (206) 448-3110 or Toll Free: 1-888-4Elders (1-888-435-3377)
- 2) [King County Caregiver Support Network](#) is a nonprofit agency supporting unpaid caregivers of adults. Services include referrals to support groups and counseling, trainings on a variety of caregiver topics, respite care, and other support services.
Telephone: (844) 348-5464 or Immediate Need Crisis Clinic (206) 436-2975
- 3) [The ARCH; National Respite Network and Resource Center](#) helps caregiver connect with and access respite services in their area.

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National Caregiver Organizations

- 4) [VA Building Better Caregivers](#) supports caregivers and provides resources for managing stress and difficult emotions.
Telephone: (855-260-3274)
- 5) [Family Caregiver Alliance National Center on Caregiving](#) information on research and resources for caregivers.
Telephone: (800) 445-8106
- 6) [National Caregiver's Library](#) information important for caregivers; from caregiving basics to legal matters, this website covers just about everything.
- 7) [AgingCare.com's](#) Provides education on ways to identify and cope with caregiver burnout. The webpage also contains a forum where visitors can post questions and respond to posts.
- 8) [Caregiver.com](#) contains a wealth of information for caregivers of person's with a variety of different diseases. It also contains a newsletter, *Today's Caregiver*, access to online discussions and forums, as well as a list of support groups for WA categorized by county.

Education and Technology for Caregivers

- 1) [Family Caregiver Handbook](#): published by The Aging and Long Term Support Administration of the Department of Health and Services (DSHS), is a guide for family and other unpaid caregivers who care for an adult or senior with disabilities. Topics range from caregiver self-care, how to care for your loved one and where to turn to when you need help.
- 2) [Powerful Tools for Caregivers \(PTC\)](#) a national program assisting family caregivers identify needs and find balance in self-care. To find a class, contact your local Family Caregivers Support Program
- 3) [Family Caregiver Alliance Care Journey](#) secure online service for information, support and resources for family caregivers of adults with chronic physical or cognitive conditions
- 4) [Caring Bridge](#) download the app to share your story, update family and friends on your loved one. FREE for iPhone/iPad,
- 5) [Caring Village](#) designed to family caregivers to coordinate specifics of care such as medical appointments, to-do-lists and medications. FREE iPhone/iPad/Android
- 6) [eCare21](#) provides 24 patient monitoring through wireless and wearable devices (smartwatch, Bluetooth, or FitBit device). You can track heart rate, activity, medication, weight and sleep to name a few. Free for iPad/iPhone
- 7) [MediSafe](#) medication reminder, track progress and will find coupons and other incentives. FREE for iPhone/Android

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Community/Social Involvement

- 1) Garden Discovery Walks- for people with memory loss and family/caregivers. Explore nature in Seattle public gardens. FREE
Cayce Cheairs at cayce.cheairs@seattle.gov
- 2) [Momentia](#) an organization for persons with memory loss and their loved ones to remain active and engaged in their communities
- 3) [Full Life Adult Day Program](#) provides structured activities and a meal for seniors. The days and time vary by location.
Telephone: (206) 528-5315
- 4) [Senior Centers](#), visit your local senior center to find out more information on programs and services.
Telephone: 2-1-1 for local center
- 5) [Aging and Disability Services](#) host monthly activities throughout King County for socialization and advocacy opportunities for residents of King CO and their caregivers
Telephone: (206) 684-0660

Helpful Contacts:

- **Community Living Connections** tel: 206-962-8467 or Toll Free 844-948-5464
- **African American Elders Program** (at Catholic Community Services) tel: 206-328-5693
- **Alzheimer's Association Washington State Chapter** tel: 206-363-5500
- **Chinese Information & Service Center** tel: 206-624-5633
- **Jewish Family Service** tel:206-861-3152
- **Kin On Community Care Network** tel: 206-652-2330 ext. 115 or 122
- **Neighborhood House** tel: 206-461-4522
- **Open Doors for Multicultural Families** tel: 253-216-4479
- **Sound Generations** tel 206-448-3110

****FOR IMMEDIATE NEEDS CRISIS CONNECTION/ KING COUNTY 2-1-1 or tel: 206-436-2975**