

## Resources for Families and Friends helping or caring for a person with Alzheimer's or another Dementia

Compiled by Multnomah County Family Caregiver Support Program

Contact Loriann McNeill at 503-988-8210 for updates or additions

### **Alzheimer's Association**

The Alzheimer's Association offers various local services and support for people impacted by Alzheimer's disease including a 24/7 helpline and support groups for families and caregivers. The Alzheimer's Association also offers programs that protect individuals with Alzheimer's who have medical emergencies or wander, as well as matching individualized trial services for people with Alzheimer's or other dementias.

The Alzheimer's Association can be reached at:

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

1-800-272-3900

### **Family Caregiver Support Program**

The Family Caregiver Support Program offers up to \$600.00 in financial assistance for eligible, unpaid family caregivers caring for someone aged 60 or older, or of any age if the person has Alzheimer's or another dementia. This financial assistance can be used for resources such as respite care, adult day programs, stress relief or self care activities for the family caregiver, and medical equipment not covered by Medicare. The current funding period goes through June 30, 2017, or until funds are exhausted.

For more information or to apply, contact:

ADRC Helpline: 503-988-3646

Loriann McNeill: 503-988-8210

### **Oregon Care Partners**

Oregon Care Partners offers online classes and classes in the community that help you gain important knowledge and skills as a family caregiver. These classes are free. Some example classes include:

- Alzheimer's and Dementia: Signs and Symptoms
- Challenging Behaviors: Diffusing Dangerous Behaviors
- Helping Families Cope

For more information, visit [www.oregoncarepartners.com](http://www.oregoncarepartners.com) or call 1.800.930.6851

### **Powerful Tools for Caregivers**

Powerful Tools for Caregivers is a series of 6 free classes designed to help family caregivers care for themselves. Participants learn how to reduce stress, improve self confidence, and locate resources, among other tools. Materials are targeted for caregivers who are caring for a family member living with a chronic illness such as dementia or Alzheimer's.

For more information contact: ADRC Helpline: 503-988-3646 or

Loriann McNeill: 503-988-8210

### **Savvy Caregiver**

The Savvy Caregiver is a six-session class designed to decrease caregiver stress and increase caregiver confidence for caregivers who are caring for a family member living with Alzheimer's or another form of dementia. These classes are free and are offered 2-3 times a year. Respite care is also available on-site at no cost while the class takes place. Topics include: tips on providing care, coping skills, and facts about the progression of dementia.

For more information call: ADRC Helpline: 503-988-3646 or

Loriann McNeill: 503-988-8210

### **STAR Caregiver**

The STAR-Caregiver program is designed to help caregivers who care for someone with Alzheimer's or another dementia reduce their family member's behavioral problems. A trained consultant makes four home visits and two phone calls and works with the caregiver. After these are completed, there are four follow-up phone calls. STAR-Caregiver is available in Multnomah, Jackson, and Josephine Counties. Some examples of behaviors that STAR-Caregiver addresses include sadness or depression, sleep issues, wandering, arguing and/or aggression.

For more information call: ADRC Helpline: 503-988-3646 **OR** Loriann McNeill at 503.988.8210

### **Family Caregiver Support Groups**

There are various free support groups for caregivers caring for family members throughout Multnomah County.

**Hollywood Senior Center:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month from 10 AM – 11:30 AM

For more information contact:

Hollywood Senior Center: 503-288-8303

**Legacy Good Samaritan Medical Center:** 1<sup>st</sup> Thursday of the month from 3 PM-4:30 PM

For more information contact:

Laurie Followell: 503-413-5658

**Mt. Hood Adult Day Program:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month from 11 AM – 1 PM **AND** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month from 5 PM-7PM

For more information contact:

Mt. Hood Adult Day Program: (503-512-7373)

**Alzheimer's Association:** For local groups call 1.800.272.3900

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