

# A University Resource Guide



for **Aging Adults 2020**

# Welcome!

This resource guide is designed to help families with aging adults living in Linn and Benton Counties access as much information and as many programs as possible. This guide is a compilation of local and state resources as well as national resources including legal advice, housing options, and support networks. We hope this guide is a helpful resource for you and your family. **Please note this is a resource guide and should not be considered a referral or endorsement of the individual agencies or businesses listed.**

To request more information or additional copies, please contact:

Oregon State University  
Family Resource Center  
1030 SW Madison Ave  
Champinefu Lodge 211  
Corvallis, OR 97333  
Phone: (541) 737-4906  
Email: [familyresources@oregonstate.edu](mailto:familyresources@oregonstate.edu)  
Website: [familyresources.oregonstate.edu](http://familyresources.oregonstate.edu)

This publication will be made available in an accessible format upon request. Please call the Family Resource Center at 541-737-4906.

Revised by Erika Woosley April 2020.



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# Glossary of Terms

**Assisted Living Facility** -- offers a housing alternative for older adults who may need help with dressing, bathing, eating, and toileting, but do not require the intensive medical and nursing care provided in nursing homes.

**CAN (Certified Nursing Assistant)** -- works closely with patients and are responsible for basic care services such as bathing, grooming, feeding, assisting nurses with medical equipment, and checking vital signs such as temperature, pulse, blood pressure, and respirations. Exact certification requirements vary by state, but most include the completion of a certificate program and the passage of a certification exam.

**CCRC (Continuing Care Retirement Community)** – is a type of retirement community in the U.S. where a continuum of aging care needs, from independent living, assisted, living, and skilled nursing care, can all be met within the community. This allows residents to transition within the same community as they age and their needs increase.

**FMLA (Family Medical Leave Act)** -- a federal law designed to help you preserve your job and benefits when you need time off from work to take care of a new child or deal with serious health situations involving your family or yourself. FMLA can help you be confident of your decisions as you balance family needs with your work schedule. You can take time off to attend to such critical life events without losing your employment and health insurance coverage.

**Geriatric Care Manager** -- a social worker, nurse, gerontologist, counselor, or other professional. Geriatric care management (GCM) provides assistance for you and your loved one in finding resources, making decisions, and managing stress.

**Homecare** -- any form of care given within the home. This can range from care provided by a home health aide, home health nurse, companion, or caregiver and includes intermittent care, respite care, and home therapies. The term homecare covers both medical and nonmedical forms of care.

**Home Health Aide** --a trained professional who provides nonmedical health services. A home health aide's primary tasks include personal care and assistance with Activities of Daily Living.

**Home Health Care** -- health care that occurs within one's home. The term home health care and homecare are often interchanged; however, home health care refers to medical related homecare while homecare encompasses all medical and nonmedical homecare services. A home health care company provides services that include caregiver services, home health nursing, home therapists, home health aides, and more.

**Hospice** --care designed to give supportive care to people in the final phase of a terminal illness, with a focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. Aggressive methods of pain control may be used. Hospice programs generally are home-based, but they sometimes provide services away from home in freestanding facilities, in nursing homes, or within hospitals. The philosophy of hospice is to provide support for the patient's emotional, social, and spiritual needs, in addition to medical symptoms, as part of treating the whole person.

**Medicaid** --a joint federal and state program that helps low-income individuals or families pay for the costs associated with long-term medical and custodial care, provided they qualify. Although largely funded by the federal government, Medicaid is run by the state where coverage may vary.

**Medicare** -- a federal program that helps pay for medical expenses of those aged 65 and over. Coverage varies depending on individual needs.

**Nurse Practitioner** -- an advanced practice nurse trained in assessment of the physical and psychosocial health/illness status of individuals, families, or groups, in a variety of settings, through health and development history taking and physical examination. Specialties include family nurse practitioner and pediatric nurse practitioner.

**Nursing Home** -- a private residential institution equipped to care for aged or chronically ill persons unable to look after themselves.

**OFLA (Oregon Family Leave Act)** -- requires employers of 25 or more employees to provide eligible workers with protected leave to care for themselves or family members in cases of death, illness, injury, childbirth and adoption. In most cases, OFLA leave also qualifies as FMLA leave. As long as leave qualifies under both the FMLA and OFLA, its use is counted against both entitlements so employees are usually not eligible for more time off under OFLA. In some cases, OFLA does provide more time off than FMLA and the additional time is then charged only against the employee's OFLA leave balance. Refer to OFLA provides job protection for time off, but does not provide employer paid health insurance while on leave without pay.

**RN (Registered Nurse)** -- a graduate nurse registered and licensed to practice by a State Board of Nurse Examiners or other state authority.

# Local & State Resources/Agencies

## Retirement Connection

1-800-462-1316

Website: [retirementconnection.com](http://retirementconnection.com)

Comprehensive resources for older adults and their caregivers in the Willamette Valley.

## Senior Centers & Services:

### Albany Senior Citizens Center

489 NW Water Ave

Albany, OR 97321

(541)917-7760

Website: [cityofalbany.net/parks/senior-center](http://cityofalbany.net/parks/senior-center)

A multi-purpose community center, serving as a focal point for information on aging, caring support and activities.

### Aging and Disability Resource Connection of Oregon

1-855-ORE-ADRC (1-855-673-2372)

Email: [adrc.webmessages@state.or.us](mailto:adrc.webmessages@state.or.us)

Website: [adrcoforegon.org](http://adrcoforegon.org)

A resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services.

### Corvallis Community Center

2601 NW Tyler Ave

Corvallis, OR 97330

(541)766-6959

Email: [senior.center@corvallisoregon.gov](mailto:senior.center@corvallisoregon.gov)

Website: [corvallisoregon.gov/cc](http://corvallisoregon.gov/cc)

A community focal point where older adults gather for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement with the center and community.

## **Grace Center for Adult Day Services**

980 NW Spruce Avenue

Corvallis, OR 97330

(541)754-8417

Fax: (541)757-3571

Email: [office@gracecenter-corvallis.org](mailto:office@gracecenter-corvallis.org)

Website: [gracecenter-corvallis.org](http://gracecenter-corvallis.org)

Grace Center for Adult Day Services is the only adult day services program in Corvallis and the surrounding area and has been serving the community since 1983. The center's caring, professional staff provides a therapeutic daytime program of physical, mental, and social activities as well as health monitoring and care management.

## **Oregon Alzheimer's Association**

2615 Portland Road NE

Room 2

Salem, OR 97301

1-800-272-3900

Email: [infoalzoregon@alz.org](mailto:infoalzoregon@alz.org)

Website: [alz.org/orswwa](http://alz.org/orswwa)

The Alzheimer's Association works on a global, national and local level to provide care and support for all those affected by Alzheimer's and other dementias. They provide education and support for people diagnosed, their families, and caregivers. They have 24/7 telephone help lines, local support groups and educational programs, an annual caregivers conference and much more.

## **Transportation:**

### **Call-A-Ride**

(541)917-7770

Website: [www.cityofalbany.net/pw/transportation/call-a-ride-service](http://www.cityofalbany.net/pw/transportation/call-a-ride-service)

The Call-A-Ride service is generally available to individuals who are residents of the City of Albany and are 60 years of age or older.

### **Dial-a-Bus**

4077 SW Research Way  
Corvallis, OR 97333  
(541)752-2615  
Website: [dialabus.org](http://dialabus.org)

A wheelchair accessible, curb-to-curb transportation for Benton County residents who are 60 years of age or older.

### **Gold Star Transport**

2552 19<sup>th</sup> St SE  
Salem, OR 97302  
(541)910-2717  
Fax: (503)371-6948  
Website: [goldstartransportinc.com](http://goldstartransportinc.com)

24-hour non-emergency medical transport services in Marion, Polk, Yamhill, Linn, and Benton counties.

### **Rides in Sight**

1-855-607-4337 (1-855-60-RIDES)  
Website: [ridesinsight.org](http://ridesinsight.org)

National Resource that provides information about senior transportation options in local communities.

## **Legal/Consult Services:**

### **The Law Office of Steven A Heinrich**

700 NW Third Street  
Suite 100  
Corvallis, OR 97330  
(541)757-0706  
Fax: (541)757-0708  
Website: [corvallislegal.com](http://corvallislegal.com)

Steven A. Heinrich is a Corvallis attorney who focuses his practice on elder law, divorce and family law, and other matters, including real estate, which arise therefrom.





## **The Swanson Agency**

310 NW 5<sup>th</sup> St

Suite 105

Corvallis, OR 97330

(541)757-7166 OR 1-800-274-4926

Fax: (541)757-0705

Email: Rebecca@theswansonagency.com, Julie@theswansonagency.com,

Vanessa@theswansonagency.com

Website: theswansonagency.com

The Swanson Agency is an independent agency specializing in health and life insurance with an emphasis on long-term care insurance.

## **Medical Equipment:**

### **A Turning Leaf Home Medical Equipment**

1610 SE 9<sup>th</sup> Ave

Albany, OR 97322

(541)286-4279

Website: atthomemedical.com

Turning Leaf Home Medical Equipment works with physician referrals to offer sleep and respiratory care services and medical equipment in western Oregon.

### **Pneu-Med Inc**

3475 E Amazon Dr

Eugene, OR 97405

1-800-636-2704

Website: pneu-med.com

Offers a full line of medical equipment from oxygen, (including Concentrators, Liquid and Conserving devices) to hospital beds, wheelchairs, walkers, canes, crutches, bedside commodes and bath aides. They also are a participating provider for Medicare, Medicaid and most third party insurers. They do not require advance payments or deposits. They will not bill you until your insurance(s) have processed your claim.

## **Samaritan Medical Equipment**

777 NW Ninth St

Suite 200

Corvallis, OR 97330

(541)768-7500

Website: [samhealth.org/health-services/all-services/medical-supplies](http://samhealth.org/health-services/all-services/medical-supplies)

Assists people of all ages with their home medical equipment needs. They carry a wide selection of medical equipment including oxygen, ambulatory equipment and other home care supplies. Their services include a large selection of high-quality name brand health care products, licensed respiratory care practitioners on staff, and free local delivery.

## **Financial & Food Assistance:**

### **Community Services Consortium**

545 SW Second St

Suite A

Corvallis, OR 97333

Benton County: (541)752-1010

Linn County: (541)928-6335

Website: [communityservices.us/](http://communityservices.us/)

Offers a number of services in Linn, Benton, and Lincoln counties. These services focus on essential day-to-day survival, such as food and housing. Food services include the Linn Benton Food Share pantries. They also have rental and utility assistance.

### **Local Food Banks**

#### Philomath Community Food Bank:

360 S 9<sup>th</sup> St

Philomath, OR 97370

(541)929-2499

Website: [philomathcommunityservices.org/outreach-programs/food-bank/](http://philomathcommunityservices.org/outreach-programs/food-bank/)

#### South Corvallis:

1800 SW 3<sup>rd</sup> St #110

Corvallis, OR 97333

(541)753-4263

Website: [southcorvallisfoodbank.org](http://southcorvallisfoodbank.org)



## **Meals on Wheels Association of America**

### *Local Branch:*

1400 Queen Ave. SE  
Albany, OR 97322  
Phone: (541)924-8455

### *National Branch:*

1550 Crystal Drive  
Suite 1004  
Arlington, Virginia 22202  
1-888-998-6325  
Website: [mealsonwheelsamerica.org](http://mealsonwheelsamerica.org)

The Meals on Wheels Association of America is the oldest and largest national organization composed of and representing local, community-based Senior Nutrition Programs in all 50 U.S. states, as well as the U.S. Territories. Their vision is to end senior hunger by 2020.

## **We Care**

865 NW Reiman Ave  
Corvallis, OR 97330  
(541)243-8029  
Email: [wecare.benton@gmail.com](mailto:wecare.benton@gmail.com)  
Website: [wecarecorvallis.org](http://wecarecorvallis.org)

We Care provides one-time financial assistance to residents of Benton County in emergency situations when no other help is available from public or private sources and it appears that recipients will be able to manage successfully after a single assist.

# OSU Resources/Events

## Annual Gerontology Conference

CH2M HILL Alumni Center  
Oregon State University  
725 SW 26th Street  
Corvallis, Oregon  
(541)737-1014  
Website: [osugero.org](http://osugero.org)

Two-day conference held at OSU featuring workshops by leading geriatric professionals presenting current information for health and human services occupations in a wide variety of disciplines.

## Care.com

Website: [care.com/osu](http://care.com/osu)

OSU has partnered with Care.com so that students and employees can use the website without having to pay the membership fees. Care.com offers a wide variety of services in your home, including elder care.

## ElderCare Connections

Family Resource Center  
1030 SW Madison Ave, Champinefu Lodge 211 &213  
Corvallis, Oregon 97333  
(541)737-4906  
[familyresources@oregonstate.edu](mailto:familyresources@oregonstate.edu)  
Website: [familyresources.oregonstate.edu/eldercare-connections](http://familyresources.oregonstate.edu/eldercare-connections)

Bring your lunch and join in on informational meetings and discussions about what it means to be a caregiver and how to best help the ones you love. Open to all students, staff and faculty who have taken on the role of being a caregiver for their aging loves ones or who plan to do so.

# National Resources/Agencies

## For Older Adults:

### Eldercare Locator

1-800-677-1116

Website: [eldercare.acl.gov/Public/Index.aspx](http://eldercare.acl.gov/Public/Index.aspx)

The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services.

### A Place for Mom

(866)518-0936

Website: [aplaceformom.com](http://aplaceformom.com)

A Place for Mom helps seniors and families make informed decisions, save time, and feel less alone as you search for senior care and senior housing; from finding the right nursing home, dementia care or assisted living facilities to researching Veteran's benefits and financing senior care. No cost service.

### Advancing States

(202)898-2578

Fax: (202)898-2583

Email: [info@advancingstates.org](mailto:info@advancingstates.org)

Website: [advancingstates.org](http://advancingstates.org)

ADvancing States was founded in 1964 under the name National Association of States United on Aging. Today, ADvancing States represents the nation's 56 state and territorial agencies on aging and disabilities and long-term services and supports directors. Their mission is to design, improve, and sustain state systems delivering long-term services and supports for older adults, people with disabilities, and their caregivers.

### Aging Parents and Elder Care

Website: [aging-parents-and-elder-care.com](http://aging-parents-and-elder-care.com)

Helping people overcome the challenges of elder care. This website offers information about a wide variety of elder care resources as well as support.

## **AARP**

9200 SE Sunnybrook Blvd  
Suite 410  
Clackamas, OR 97015  
(866)554-5360  
Email: [oraarp@aarp.org](mailto:oraarp@aarp.org)  
Website: [aarp.org](http://aarp.org)

The Oregon State Office of AARP is located in Clackamas, Oregon. Serving more than 500,000 members in the state, AARP Oregon is a trusted and positive force for social change using the experience and leadership of volunteer members to benefit all Oregonians as they age. AARP does this by informing, engaging in and advocating for practical solutions to help people attain financial and health security and by enabling all to remain valued and actively engaged whether at work or in community.

## **Retired Senior Volunteer Program (RSVP)**

250 Broadalbin St SW #2A  
Albany, OR 97321  
(541)812-0849  
Fax: (541)967-6423  
Email: [alucke@ocwcog.org](mailto:alucke@ocwcog.org)  
Website: [nationalservice.gov/programs/senior-corps/senior-corps-programs/rsvp](http://nationalservice.gov/programs/senior-corps/senior-corps-programs/rsvp)

RSVP is one of the largest volunteer networks in the nation for people 55 and older. People can use the skills and talents they've learned over the years, or develop new ones while serving in a variety of volunteer activities within their own communities.

## **Visiting Angels**

250 Broadalbin Street SW  
Suite 250  
Albany, OR 97321  
(877)618-4748  
Website: [visitingangels.com](http://visitingangels.com)

The Visiting Angels national private duty network of home care agencies is the nation's leader for providing non-medical senior care. Angels provide in-home care, respite care, senior personal care, elder care, and companion care so that elderly adults can continue to live independently in their own homes throughout America.



## For Caregivers:

### Caregiver's Home Companion

Email: [info@caregivershome.com](mailto:info@caregivershome.com)

Website: [caregivershome.com](http://caregivershome.com)

Caring for loved ones can be an extremely lonely and frustrating vigil, but caregiving can also be filled with a rich sense of closeness and satisfaction from the knowledge that you are doing your utmost to help your loved one. At Caregiver's Home, they are committed to serving the caregiver with education, information, resources, and support.

### Caregiver Action Network

(855)227-3640

Email: [info@caregiveraction.org](mailto:info@caregiveraction.org)

Website: [caregiveraction.org](http://caregiveraction.org)

The Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 65 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

### Family Caregiver Alliance

(800)445-8106

Website: [caregiver.org](http://caregiver.org)

Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they need, and championing their cause through education, services, research, and advocacy.

## **National Alliance for Caregiving**

(202)918-1013

Email: [info@caregiving.org](mailto:info@caregiving.org)

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

The National Alliance of Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, government agencies, and corporations.

# **Local Living Facilities & In-Home Care Providers**

## **ElderCarelink**

Website: [eldercarelink.com](http://eldercarelink.com)

A free nationwide network of independent senior housing, homecare, and adult daycare makes it easy to find your loved one the quality care or housing they need. Answer a few questions about what you're looking for and they'll recommend the right residences for your needs.

## **Nursing Home Compare**

Website: [medicare.gov/nursinghomecompare/search.html](http://medicare.gov/nursinghomecompare/search.html)

Nursing Home Compare allows consumers to compare information about nursing homes. The site contains quality of care information on every Medicare and Medicaid-certified nursing home in the country, including over 15,000 nationwide.



## **In-Home Care Providers:**

### **Helping Hands Home Care**

456 SW Monroe Ave #103  
Corvallis, OR 97333  
(541)757-0214  
Email: [info@helpinghandshomecare.com](mailto:info@helpinghandshomecare.com)  
Website: [helpinghandshomecare.com](http://helpinghandshomecare.com)

Homecare is a personalized form of care provided in the familiar and comfortable surroundings of one's own home. This form of care will help one retain independence as long as possible.

### **Home Instead Senior Care**

Albany Office: (541)791-7092  
Website: [homeinstead.com](http://homeinstead.com)

A local Home Instead Senior Care office is a connection to compassionate, reliable one-on-one, non-medical assistance. This office serves Albany, Alsea, Blodgett, Brownsville, Cascadia, Corvallis, Crabtree, Crawfordsville, Foster, Gates, Halsey, Harrisburg, Idanha, Jefferson, Junction City, Lebanon, Lyons, Mill City, Monmouth, Monroe, Philomath, Scio, Shedd, Stayton, Sweet Home, and Tangent.

### **New Horizon's In-Home Care**

1318 NW 9<sup>th</sup> St  
Suite A  
Corvallis, OR 97330  
(541)752-9059  
Website: [newhorizonsinhomecare.com](http://newhorizonsinhomecare.com)

New Horizons In-Home Care provides a wide variety of services to people needing help in their home, ranging in age from infants to people over 100 years old, while offering service from simple help with house cleaning to around-the-clock nurse care.

## Senior Companion Program

(541)812-4185

Website: [samhealth.org/careers-education/volunteer-opportunities/volunteer-programs](http://samhealth.org/careers-education/volunteer-opportunities/volunteer-programs)

A Senior Companion is someone 60 years of age or older who wishes to provide companionship; talking, listening, playing cards, giving rides to, or just being a friend with older adults who are frail or younger individuals who need assistance in the home.

## Wellness at Home

2853 Salem Ave SE

Suite A

Albany, OR 97321

(503)831-8873

Website: [wellnessathomehealth.com](http://wellnessathomehealth.com)

Wellness at Home offers many different types of in-home care that can be individualized to meet your needs with both home care and skilled medical services. They accept Medicare, Medicaid, and Medicare Advantage Plans for Home Health services.

## Corvallis Nursing Homes/Assisted Living Facilities:

### Conifer House

145 NE Conifer Blvd.

Corvallis, OR 97330

(541)757-2444

Email: [communityrelations@coniferalmc.com](mailto:communityrelations@coniferalmc.com)

Website: [coniferhousealmc.com](http://coniferhousealmc.com)

Conifer House provides residential care and memory care, all with levels of individual care, tailored to fit the individual needs of each resident. They know the importance of independence and dignity to every person and their goal is to support the daily living activities of every individual so they can enjoy every day to its fullest.

## **Corvallis Caring Place**

750 NW 23<sup>rd</sup> St

Corvallis, OR 97330

(541)753-2033

Fax: (541)753-2034

Email: [info@corvalliscaringplace.org](mailto:info@corvalliscaringplace.org)

Website: [corvalliscaringplace.org](http://corvalliscaringplace.org)

Founded in 2002 by neighboring residents, Corvallis Caring Place (CCP) is a nonprofit assisted living residence in Corvallis. At Corvallis Caring Place, residents can benefit from the comforts of home, meals, weekly housekeeping, and compassionate assistance available 24/7, along with the conveniences, opportunities, and familiarity of the Corvallis community.

## **Corvallis Manor Nursing Home**

160 NE Conifer Blvd.

Corvallis, OR 97330

(541)757-1651

Fax: (541)757-1662

Website: [avalonhealthcare.com/corvallis/](http://avalonhealthcare.com/corvallis/)

The Corvallis Manor Nursing Home is a privately owned and operated full care facility offering post-acute care, long term care, respite care, certified wound care, and consultant pharmacy services.

## **Corvallis Senior Living at The Regent**

440 NW Elks Drive

Corvallis, OR 97330

(541)368-4207

Website: [holidaytouch.com/Our-Communities/the-regent](http://holidaytouch.com/Our-Communities/the-regent)

An independent living community providing meals, activities and programs, transportation, and housekeeping and linen services. Pets welcomed. Travel program offered and affiliated with other Holiday Retirement locations. This is not an assisted living or Alzheimer/memory care facility.

### **Prestige Senior Living West Hills**

5595 SW West Hills Rd

Corvallis, OR 97333

(541)753-7136

Fax: (541)257-2008

Email: [info@prestigecare.com](mailto:info@prestigecare.com)

Website: [prestigecare.com/location/prestige-senior-living-west-hills](http://prestigecare.com/location/prestige-senior-living-west-hills)

West Hills is a retirement and assisted living facility. They offer care tailored to the individual's wants/needs and provide nutritious, freshly prepared meals, walking paths, a library, gardening area, activities, and transportation. Owned by the same company as Cambridge Terrace Assisted Living in Albany.

### **P.S. We Love Seniors**

3516 NW Coronado St

Corvallis, OR 97330

(541)740-3545

Located in Corvallis since 2008, this agency offers high quality individualized residential care/adult foster care. Able to support residents through all types of health issues and medical needs as they age. Homes located in Corvallis, North Albany, and Philomath.

### **Regency Park Place at Corvallis**

2595 NE Jack London Street

Corvallis, OR 97330

(541)754-5808

Website: [regency-pacific.com/senior-living/or/corvallis/regency-park-place-corvallis/](http://regency-pacific.com/senior-living/or/corvallis/regency-park-place-corvallis/)

Assisted living options offer personalized assistance, supportive services and compassionate care in a professionally managed, carefully designed retirement community setting; an alternative for seniors who can no longer live on their own at home yet do not need 24-hour, complex medical supervision. Designed for seniors who need some help with daily activities, such as bathing, dressing and medication reminders. They focus on wellness and keeping residents as independent as possible by providing a tailored plan of assistance.

### **Samaritan Village**

285 NW 35<sup>th</sup> Street  
Corvallis, OR 97330

(541)758-7886

Fax: (541)758-7888

Email: [samv@cascade-management.com](mailto:samv@cascade-management.com)

Website: [cascade-management.com/property/samaritan-village/details](http://cascade-management.com/property/samaritan-village/details)

Samaritan Village provides affordable living in a distinctive retirement facility located in a peaceful, residential neighborhood of Corvallis. Samaritan Village features 82 spacious studio and one bedroom apartments in a beautiful community setting.

### **Stoneybrook Assisted Living**

4650 SW Hollyhock Circle

Corvallis, OR 97333

(541)224-5834

Website: [seniorlivinginstyle.com/senior-living/or/corvallis/stoneybrook/](http://seniorlivinginstyle.com/senior-living/or/corvallis/stoneybrook/)

Offers retirement living in single family homes, assisted living, personal care, memory care, and individualized planning, addressing the health and medical needs of each resident.

### **Timberhill Place**

989 NW Spruce Ave

Corvallis, OR 97330

(541)753-1488

Website: [timberhillplace.com](http://timberhillplace.com)

Timberhill Place is an assisted living community with studio, one bedroom and two bedroom apartments. Provides personal support, medication management and many other amenities and services. Located across the street from the Osborne Aquatic Center and walking distance to shops and services.

## **Willamette Springs Memory Care**

6000 SW Mosaic Drive

Corvallis, OR 97333

(541)497-9707

Email: [business@willamettesprings](mailto:business@willamettesprings)

Website: [willamettesprings.com](http://willamettesprings.com)

Willamette Springs Memory Care Community specializes in residents dealing with Alzheimer's disease and other related dementias. They have 64 private apartments and several secured outdoor spaces. They provide individual service places for each resident to assimilate their interests, abilities, routine, and past history into their current living environment.

## **Albany Nursing Homes/Assisted Living:**

### **Avamere at Albany**

2800 14<sup>th</sup> Ave SE

Albany, OR 97322

(541)928-9494

Fax: (541)812-9198

Website: [avamere.com/locations/](http://avamere.com/locations/)

Avamere at Albany is an assisted living facility. Each room is equipped with a kitchenette and walk-in shower. They also offer restaurant-style dining, weekly housekeeping and laundry service, scheduled transportation and more.

### **Brookdale Geary Street**

2445 Southeast Geary Street

Albany, OR 97322-5962

(541)225-5479

Website: [brookdale.com/en/communities/brookdale-geary-street.html](http://brookdale.com/en/communities/brookdale-geary-street.html)

A personal care community offering residents personalized service assessments and plans, meals and snacks throughout the day, housekeeping services, nursing services, medication support, 24-hour staffing and transportation services.

### **Brookdale Grand Prairie**

1929 Grand Prairie Road South East

Albany, OR 97322-6700

(541)225-5296

Website: [brookdale.com/en/communities/brookdale-grand-prairie-or.html](http://brookdale.com/en/communities/brookdale-grand-prairie-or.html)

An independent living community with 24-hour staffing and many onsite accommodations. There is a general store, green house, fitness room, full-service dining, onsite beauty/barber shop, game room and library.

### **Timberwood Court**

2875 SE 14<sup>th</sup> Avenue

Albany, OR 97322

(541)967-9700

Website: [timberwoodcourt.com](http://timberwoodcourt.com)

Timberwood Court offers a residential program specializing in the care and support of individuals in varying stages of Alzheimer's disease and related dementia.

## **Continuing Care Retirement Communities**

### **Mennonite Village**

5353 Columbus St, S.E.

Albany, OR 97322

(541)248-1784

Fax: (541)917-1399

Email: [info@mennonitevillage.org](mailto:info@mennonitevillage.org)

Website: [mennonitevillage.org](http://mennonitevillage.org)

Mennonite Village offers a wide range of residential and care options such as active living, congregate living, assisted living, Alzheimer's and dementia care, nursing and rehabilitation care and in-home care services. Residents can also receive chaplaincy services, wellness programs, and nutritious, freshly prepared meals.

## **Parkland Village Retirement Community**

3121 NE Cumulus Ave  
McMinnville, OR 97128

(503)435-1499

Website: [parklandvillageretirement.com](http://parklandvillageretirement.com)

Parkland Village Retirement Community, located in McMinnville, Oregon, is an Assisted Living, Independent Living, and Senior Living community supporting residents and their families with expert care and services. Parkland offers residents resort-style amenities and services, and are treated like family.

## **The Oaks at Lebanon**

621 West Oak  
Lebanon, OR 97355

(541)258-7777

Website: [oaksatlebanon.com](http://oaksatlebanon.com)

At Oaks at Lebanon, residents enjoy an active, engaging lifestyle that promotes wellness and independence. Residents have many opportunities to participate in a variety of life enriching activities and events. Their assisted living care is done in a resident's apartment to ensure comfort and dignity.

## **Oregon Adult Foster Care Homes**

Private homes that provide care to 1-5 adults who need basic assistance with daily activities of living is an affordable, personable option for many elders. For more information about adult foster care homes, refer to the Oregon Adult Foster Homes [Oregon.gov/DHS/PROVIDERS-PARTNERS/LICENSING/APD-AFH](http://Oregon.gov/DHS/PROVIDERS-PARTNERS/LICENSING/APD-AFH). To find available foster homes visit [ocwcog.org/seniors-disability/Medicaid/long-term/adult-foster](http://ocwcog.org/seniors-disability/Medicaid/long-term/adult-foster) or contact the Oregon Office of Licensing and Regulatory Oversight at 1-800-638-0510.



# Assisted Living Facility Checklist

- Does the facility feel comfortable to you?
- Do you find the décor, furniture, smell of the facility appealing?
- Do the residents seem engaged and interactive?
- How does the staff interact with the residents?
- Does the facility offer activities that interest you?
- Is the food appetizing to you?
- Does the facility offer transportation?
- How many staff members are on site?
- How are health problems handled?
- How long can a resident remain in the facility before a more comprehensive level of care is required?
- Is the facility in compliance with state licensing requirements?
- Have there been any registered complaints against the facility?
- What are the fees for rent and services? How are these fees calculated? How often do these rates increase?
- What kinds of payment plans are available?

Additional Notes:

# Skilled Nursing/Nursing Home Checklist

- Are location and visiting times convenient for family and friends?
- What personal items may be retained to provide a satisfactory level of familiarity and comfort?
- Is the facility Medicare/Medicaid certified?
- Are Medicaid beds available? If so, how long is the waiting period?
- What happens if your money runs out and you rely on Medicaid for payments?
- Does the facility provide the skilled services you need?
- How are the costs calculated, including single vs double occupancy, laundry, therapy, activities, special diets, medical supplies, telephone and television?
- Can roommates be changed easily if requested?
- Does the facility have planned group activities such as bingo, pet therapy, outside trips, celebrations, etc.?
- What is your first impression about the odor, cleanliness, décor, and atmosphere?
- Do residents appear to enjoy the staff and do staff members know the residents by name?
- Are residents mostly well-groomed and out of bed?
- Is the philosophical or religious orientation of the facility compatible with yours?
- What is the number of staff compared to the number of patients?
- Is the staff responsive to you and your loved one's requests?

Additional Notes:

# Hospice

## Oregon Hospice:

### Lumina Hospice & Palliative Care

2350 NW Professional Drive

Corvallis, OR 97330

(541)757-9616

Fax: (541)757-1760

Email: [bhs@bentonhospice.org](mailto:bhs@bentonhospice.org)

Website: [luminahospice.org](http://luminahospice.org)

Lumina Hospice and Palliative Care provides care for seriously ill persons and their families. Hospice care emphasizes control of pain and other symptoms so that people may spend their last months in dignity and comfort. A team of professionals and volunteers work together to complement the care provided by friends and loved ones.

### Oregon Hospice Association

P.O. Box 592

Marylhurst, OR 97306

(503)228-2104

Fax: (503)222-4907

Email: [info@oregonhospice.org](mailto:info@oregonhospice.org)

Website: [oregonhospice.org](http://oregonhospice.org)

The Oregon Hospice Association (OHA) is a public benefit, charitable non-profit membership organization that promotes high quality hospice and palliative care to people as they approach the end of life.

### Samaritan Hospice Services- Evergreen Hospice

4600 Evergreen Place SE

Albany, OR 97322

(541)812-4662

Website: [samhealth.org/health-services/all-services/hospice-palliative-care](http://samhealth.org/health-services/all-services/hospice-palliative-care)

The Samaritan Evergreen Hospice serves the Albany, Corvallis, Lebanon and surrounding areas. Their hospice team helps patients and families by offering skilled nursing care (24-hour on-call nursing services available), pain and other symptom management, medical social services and counseling, spiritual support, hospice aides, trained hospice volunteers, bereavement support, medication and equipment as appropriate.



## National Hospice:

### Caring Connections

HelpLine: 800-658-8898

Email: [caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)

Website: [nhpco.org/patients-and-caregivers](http://nhpco.org/patients-and-caregivers)

Caring Connections, a program of the National Hospice and Palliative Care Organization (NHPCO), is a national consumer and community engagement initiative to improve care at the end of life. Caring Connections provides free resources and information to help people make decisions about end-of-life care and services before a crisis.

### Hospice Foundation of America

(800)854-3402

Email: [hfaoffice@hospicefoundation.org](mailto:hfaoffice@hospicefoundation.org)

Website: [hospicefoundation.org](http://hospicefoundation.org)

Hospice Foundation of America provides leadership in the development and application of hospice and its philosophy of care with the goal of enhancing the U.S. health care system and the role of hospice within it.

## Government Assistance Programs

### Aging and People with Disabilities

500 Summer St NE E12

Salem, OR 97301-1073

Website: [oregon.gov/DHS/seniors-disabilities/pages/index.aspx](http://oregon.gov/DHS/seniors-disabilities/pages/index.aspx)

Oregon's government website with services and programs for seniors and people with physical disabilities.

## Medicare

(800)633-4227

Website: [medicare.gov](http://medicare.gov)

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

The different parts of Medicare help cover specific services:

**Medicare Part A (Hospital Insurance):** Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.

**Medicare Part B (Medical Insurance):** Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services.

**Medicare Part C (Medicare Advantage Plans):** A Medicare Advantage Plan is a type of Medicare health plan offered by a private company that contracts with Medicare to provide you with all your Part A and Part B benefits. Medicare Advantage Plans include Health Maintenance Organizations, Preferred Provider Organizations, Private Fee-for-Service Plans, Special Needs Plans, and Medicare Medical Savings Account Plans. If you are enrolled in a Medicare Advantage Plan, Medicare services are covered through the plan and are not paid for under Original Medicare. Most Medicare Advantage Plans offer prescription drug coverage.

**Medicare Part D (prescription drug coverage):** Part D adds prescription drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private-Fee-for-Service Plans, and Medicare Medical Savings Account Plans. These plans are offered by insurance companies and other private companies approved by Medicare. Medicare Advantage Plans may also offer prescription drug coverage that follows the same rules as Medicare Prescription Drug Plans.

## **Medicaid-Oregon Supplemental Income Program Medicaid (OSIPM)**

1400 Queen Ave SE

Suite 206

Albany, OR 97322

(541)967-8630 or 1-800-282-8096

Fax: (541)967-6423

Website: [dhs.state.or.us/spd/tools/program/osip/a.htm](http://dhs.state.or.us/spd/tools/program/osip/a.htm)

OSIPM covers a wide range of medical benefits and services such as doctor's visits, prescription drugs and other medically necessary services and supplies. Once you are eligible for OSIPM, you may also be eligible for services such as in-home care, adult foster homes, residential care, assisted living, nursing home care and cash for special needs. The program provides medical benefits to people with disabilities, those who are legally blind, and those older than 65. Medicaid pays the long-term care costs for eligible, low-income individuals.

## **Oregon Cascades West Council Government Department of Senior and Disability Services**

301 SW 4<sup>th</sup> Street

Suite 140

Corvallis, OR 97333

(541)967-8630

Fax: (541)967-6123

Email: [adrcmail@ocwcog.org](mailto:adrcmail@ocwcog.org)

Website: [ocwcog.org/seniors-disability](http://ocwcog.org/seniors-disability)

Senior and Disability Services is the Area Agency on Aging (AAA) for Linn, Benton, and Lincoln counties. As the Medicaid long-term care agency for their regions, they provide a wide variety of financial, medical, and long-term care services for clients and their families as well as food and nutrition services.

## **Self-Sufficiency Office**

545 SW 2<sup>nd</sup>

Suite B

Corvallis, OR 97333

(541)757-4201

Fax: (541)757-4110

Website: [oregon.gov/dhs/assistance/pages/localoffices.aspx](http://oregon.gov/dhs/assistance/pages/localoffices.aspx)

To apply for food, cash and medical benefits, please contact the Self-Sufficiency office in your area.



## Senior Health Insurance Benefit Assistance Program (SHIBA)

(800)722-4134

Email: [shiba.oregon@oregon.gov](mailto:shiba.oregon@oregon.gov)

Website: [healthcare.oregon.gov/shiba/medicare-65/pages/index.aspx](http://healthcare.oregon.gov/shiba/medicare-65/pages/index.aspx)

The Senior Health Insurance Benefits Assistance program (SHIBA) is a statewide network of trained volunteers who educate, assist, and serve as advocates for people with Medicare. SHIBA volunteers help people with Medicare understand their rights and options in health insurance so that they can make informed choices. SHIBA is one of 54 state health insurance programs (SHIPs), which form a nationwide network to provide health-benefit education, counseling, and assistance for people with Medicare. The Centers for Medicare & Medicaid Services (CMS) administer Medicare, provide funding, and guide the SHIPs. SHIBA provides people with Medicare and their caregivers with the most up-to-date information on Medicare and related insurance.

## Social Security

1390 Waverly Drive SE

Suite 110

Albany, OR 97322

(800)722-1213

Website: [ssa.gov](http://ssa.gov)

**Retirement Benefits:** You can apply for retirement benefits or benefits as a spouse if you are at least 61 years and 9 months old, are not currently receiving benefits on your own social security record, have not already applied for retirement benefits, and want your benefits to start no more than four months in the future.

**Supplemental Security Income (SSI):** SSI is a federal income supplement program funded by general tax revenues (not Social Security taxes). It is designed to help aged (65 and older), blind, and people with disabilities who have little to no income; and it provides cash to meet basic needs for food, clothing, and shelter.

## State of Oregon Long-Term Care Ombudsman Program

3855 Wolverine St NE

Suite 6

Salem, OR 97305

(800)522-2602

Email: [ltco.info@oregon.gov](mailto:ltco.info@oregon.gov)

Website: [oltco.org](http://oltco.org)

The Office of the Long-Term Care Ombudsman is a free service available to residents, families, facility staff, and the general public. Ombudsmen respond to a wide variety of resident concerns, including problems with resident care, medications, billing, lost property, meal quality, evictions, guardianships, dignity and respect, and care plans. The program serves residents in nursing facilities, residential care facilities, assisted living facilities and adult foster care homes. Complaints are investigated and resolved by staff and a team of trained and certified volunteer ombudsmen assigned to facilities throughout the state. Beyond complaint investigation and resolution, ombudsmen strive to be the eyes and ears of residents and to advocate for improvements in their quality of life and quality of care.

## Geriatric Care Managers

Geriatric care managers can help organize and manage an elderly loved one's total care needs. After conducting a needs assessment, the geriatric care manager will create a plan for the elderly person's care, including medical, legal and financial. Geriatric care managers are a good option for long distance caregivers to help provide you with assistance and support when you are caring for loved ones from a distance.

To search for all geriatric care managers in your area visit:  
[agingcare.com/local/geriatric-care-managers/or](http://agingcare.com/local/geriatric-care-managers/or)

### Home Care & Elder Services, Inc.

456 SW Monroe Ave

Corvallis, OR 97333

(541)757-0214

### Health Information Services

3855 Wolverine St NE

Salem, OR 97305

(503)363-6977





## **Lighthouse In-Home Care Agency**

P.O. Box 1086  
Salem, OR 97308  
(503)585-3468

## **Private Care Management**

1400 Queen Ave SE  
Albany, OR 97322  
(541)924-8429

# **Improving Wellness**

## **Fitness Over 50**

6735 SW Country Club Dr.  
Suite 103  
Corvallis, OR 97333  
(541)929-5555  
Email: [fof@peak.org](mailto:fof@peak.org)  
Website: [fitnessover50.info](http://fitnessover50.info)

Fitness Over 50 Inc. is an exercise training and wellness program in Corvallis, designed specifically for the mature adult. Experienced and certified staff provide safe and comfortable activities for individuals with a variety of physical strengths and limitations. Fitness Over 50 works to meet the challenges posed by the aging process including diabetes, COPD, arthritis, osteoporosis, weight gain, sciatica, joint replacement and stroke and heart event recoveries.

## **NIH National Institute on Aging**

Website: [nia.nih.gov/health](http://nia.nih.gov/health)

NIH National Institute on Aging features authoritative and up-to-date health information from Institutes and Centers at National Institutes of Health. In addition, the American Geriatrics Society provides expert and independent review of some of the material found on this Web site. Health topics include general background information, open-captioned videos, quizzes and frequently asked questions (FAQs). New topics are added to the site on a regular basis.

**Timberhill Athletic Club**  
2855 Northwest 29th Street  
Corvallis, Oregon 97330  
(541)757-8559  
Website: timberhillac.com

Timberhill Athletic Club has staff on hand to help individualize exercise routines to fit personal needs. Classes range from Zumba and yoga to circuit training and anything in between. They also offer a cognitive exercise program in cooperation with the Chintimini Senior Center.

## **Health Care:**

### **Heartspring Wellness Center**

534 Pleasant View Way NW  
Suite 100  
Albany, OR 97321  
(541)812-5656  
Fax: (541)812-5660  
Website: [samhealth.org/find-a-location/s/samaritan-heartspring-wellness-center](http://samhealth.org/find-a-location/s/samaritan-heartspring-wellness-center)

They practice holistic medicine by recognizing that a human is composed of not only the physical body, but psycho-spiritual, interpersonal and environmental facets as well. Their healing practices include conventional Western medicine as well as other evidence-based medical traditions such as naturopathy, acupuncture, mind-body therapy and massage therapy. Additionally, they offer classes and a selection of supplements, books, and other health and wellness products.

### **Corvallis Clinic**

Visit their website for an office near you.  
Website: [corvallisclinic.com/find-a-physician/](http://corvallisclinic.com/find-a-physician/)

### **Samaritan Health Services**

Visit their website for an office near you.  
Website: [samhealth.org/find-a-location](http://samhealth.org/find-a-location)

# Veterans Resources

## **Benton County Veterans Service Office**

301 SW 4<sup>th</sup> St, Suite 140

Corvallis, OR 97333

(541)758-1595 or 1-800-508-1698

Email: [veterans@ocwcog.org](mailto:veterans@ocwcog.org)

Website: [ocwcog.org/seniors-disability/veterans/](http://ocwcog.org/seniors-disability/veterans/)

Assistance with identifying potential claims and entitlements, such as compensation and pensions. Assurances include guidance in obtaining supporting documents and materials.

## **Oregon Veterans' Home**

600 North 5<sup>th</sup> St.

Lebanon, OR 97355

(541)497-7265

Website: [oregon.gov/ODVA/Vets-Homes/Lebanon/Pages/default.aspx](http://oregon.gov/ODVA/Vets-Homes/Lebanon/Pages/default.aspx)

Oregon Veterans' Home provides skilled care, and intermediate nursing, memory-care and rehabilitation to veterans, their spouses and parents. Private pay with Medicaid and Medicare certified beds. A second facility is located in The Dalles, 700 Veterans Dr., The Dalles, OR 97058, Tel. (541) 296-7190 or 1-800-846-8460.

## **OSU Military & Veterans Resources**

150 Snell Hall

Corvallis, OR 97331

(541) 737-7662

Email: [veterans@oregonstate.edu](mailto:veterans@oregonstate.edu)

Website: [veterans.oregonstate.edu](http://veterans.oregonstate.edu)

Their mission is Provide support to military service members, veterans, and their families studying at Oregon State University campuses, Ecampus, and Degree Partnership locations in pursuit of their educational goals by assisting them in navigating the requirements of higher education, ensure their awareness of available benefits and services, and to achieve a successful learning experience at Oregon State University.

## US Department of Veterans Affairs

(844)698-2311

Website: [va.gov](http://va.gov)

The Veterans Affairs mission is to fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's veterans. They provide information about the services available to veterans including geriatric evaluations, adult day health care, respite care, home care, hospice/palliative care, life insurance, burials, and memorials.

## Support Groups

### Corvallis Community Center

2601 NW Tyler Ave

Corvallis, OR 97330

(541)766-6959

Website: [corvallisoregon.gov/ccs/page/support-groups-center](http://corvallisoregon.gov/ccs/page/support-groups-center)

-Low Vision/Macular Degeneration Support Group: Share information on assistive devices and coping skills for those with macular degeneration or other types of low vision. For more information, call John or Stella Gallagher at (541)740-2817. This group meets on the third Monday of each month (no meetings June - August)

at 2 pm

-Memory Loss Support Group for Caregivers: For caregivers and family members of persons with Alzheimer's Disease or a related disorder. Share information, education, and support with those who walk or have walked in your shoes. Learn skills from those who have experienced your daily challenges. For more information, contact the facilitator, Gene Dannen, at [gene@dannen.com](mailto:gene@dannen.com) or 541-753-1342. This group meets the second Tuesday of each month from 1:30 - 3 pm.

-Parkinson's Support Group: This group provides information and support to those who have Parkinson's Disease, are providing care for someone who does, or those seeking more information about it. For more information, Betty Merrill at (541)760-1737. This group meets on the second Wednesday of the month at from 12:15 – 1:30 pm.

### **Alzheimer's Support Group**

Meets on the third Thursday of each month at 5:15pm at Regent Court Memory Care (400 NW Elks Drive, Corvallis). Contact Denise Dunmyer at 541-758-8000 for more information.

### **Brain Injury Support Group**

Meets the first Tuesday of each month from 1:30-3:30pm at the Church of the Good Samaritan, Corvallis. Contact Mary Bolton at 541-768-5157 for more information.

### **Caregiver Support Group**

Meets the first Thursday of each month from 1:30-3:30pm at the First Congregational Church, Corvallis. Contact Mary Bolton at 541-768-5254 for more information.

### **Caregiver Support Group**

An ongoing monthly support group open to all family caregivers in our community regardless of type of illness or prognosis. The purpose of this group is to provide a format for sharing common experiences and for supporting one another along the difficult path of caregiving. Drop-ins are welcome. They meet the second and last Tuesday of each month, 1:30-3:00pm at the Benton Hospice Service Meeting Room, 2350 NW Professional Drive, Corvallis.

### **Online Support Groups**

Don't have time to attend a support group? Consider joining an online caregiver support group, such as

**-Alzheimer's & Dementia Caregivers Support Group:**

<https://www.facebook.com/pages/Alzheimers-Dementia-Caregivers/175409642549361>

**-Awareness Alzheimer's:** <https://www.facebook.com/FightAlzheimers>

# Tips for Dealing with Caregiver Stress

- ✓ Take care of yourself first: find ways to pamper yourself such as lighting candles and taking a long bath, getting a manicure, and buying fresh flowers for the house.
- ✓ Accept help: spread the responsibility and try to get as many family members involved as possible. When someone offers assistance, say yes, and have a list of simple tasks that others could easily take care of, such as picking up groceries or driving your loved one to an appointment.
- ✓ Focus on what you are able to provide: rather than incurring stress over things you can't control, focus on the things you can control and how you react to the things you can't.
- ✓ Get enough sleep: most people need more sleep than they think they do and when you get less your mood, energy, productivity, and ability to handle stress will suffer.
- ✓ Exercise: a powerful stress reliever and mood enhancer, exercise it also boosts your energy level and helps you fight fatigue.
- ✓ Eat healthy: nourish your body with fresh fruit, vegetables, whole grains, beans, lean protein, and healthy fats such as nuts and olive oil. These foods will fuel you with steady energy throughout the day.
- ✓ Get regular medical check-ups: don't skip check-ups or medical appointments. You need to be healthy in order to take good care of your family member.
- ✓ Join a support group: this is a great way to share your troubles and find people who are going through the same experiences that you are living each day.
- ✓ Make time for an activity that you enjoy: set aside a minimum of 30 minutes every day for yourself and do whatever it is that you enjoy, whether it's reading, working in the garden, knitting, or watching a sports game/event.

# Tips for the Working Family Caregiver

Brown, D. E. (2012). *The working family caregiver: Tips for balancing career and caregiving*. San Rafael, CA: Early Bird Alert.

- ✓ **Understand your company's benefits and policies.** More companies offer progressive benefits to help employees caring for children and other family members. Benefits may include help finding resources, lunchtime seminars, subsidized back-up care, flextime, and counseling services. Check with your Human Resources department to learn if your company offers any benefits.
- ✓ **Know that you cannot be discriminated against because of your caregiving role.** The federal Equal Employment Opportunity Commission has an article about your rights.
- ✓ **Understand how the Family and Medical Leave Act can help you.** Typically, employers with 50 or more employees must comply with FMLA.
- ✓ **Communicate effectively with your boss.** Explain the caregiving situation, how you plan to manage it, and ask for feedback. You may start a discussion this way: "My father is not doing well and is now living with me. I have hired help and organized my family to assist to ensure my father is okay while I am here at work. It's possible that I may encounter a crisis because my father's health is unstable. What would be the best way for me to communicate and handle any crisis?" You also may want to ask your boss for suggestions on how to communicate this situation with your co-workers.
- ✓ **Ask co-workers if they have cared for an aging relative while employed with your current employer or know of others who have.** Ask for suggestions on how they managed the situation.
- ✓ **Know who can help (professionals, family members, friends, neighbors) and how they can help.** Ask for and accept the help. A geriatric care manager can be a terrific investment to help find resources and oversee care. You can find more information with a visit to the National Association of Professional Geriatric Care Managers.
- ✓ **Create a back-up plan.** Ask yourself all the "What If?" questions you can think of. When developing your plan, ask for feedback from family, your friends, your support group, your caregiving coach, and a geriatric care manager. If appropriate, co-workers and management may be able to offer insights.
- ✓ **Set limits with family members and those you're caring for about your availability during work hours.** Perhaps you determine you can be available during your lunch hour to field calls or for a few minutes during the afternoon. (Of course, during a crisis—and you may have to define "crisis," as others' definitions may differ from yours—i.e., you are always available.)
- ✓ **Remember the Three Be's of Caregiving (Be Prepared, Be Honest, Be Well).** And, consider writing a Caregiving Mission Statement.
- ✓ **Keep two journals—one for your feelings and one about the needs, medications, treatments, likes/dislikes, and care tips.** You will come to value both as treasures.
- ✓ **Forgive yourself for any bad days; give yourself a fresh start the next day.** In addition, think ahead about five years. When you look back to now, what actions and decisions will make you proud?

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