**CAREGIVER RESOURCES**

**RESPITE CARE**

Here are some good places to find — or get help finding — respite care:

* Disease-based organizations, such as the ALS Foundation for Life, can help find specialized care <http://www.alsfoundation.org/gethelp/>
* The Alzheimer’s Network of Oregon (nonprofit) offers a variety of support services, including on site adult respite care Mondays-Fridays from 8 a.m. to 5 p.m. and ongoing support groups; 503-364-8100 <https://alznet.org/>
* Oregon’s Family Caregiver Support Program (Aging and Disability Resource Connection of Oregon – Oregon Department of Human Services) offers general respite care and Alzheimer’s support resources <https://adrcoforegon.org/consite/explore-caregiver-supports.php>
* Hospice providers can assist with locating appropriate respite services. For help finding a hospice provider in Oregon, visit <https://oregonhospice.org/>
* Private care is available through Visiting Angels Living Assistance Services <https://www.visitingangels.com/>  1-800-365-4189

**OTHER RESOURCES**

* The Eldercare Locator, a public service of the U.S. Administration on Aging, provides information about services for older adults and their families; 1-800-677-1116. <https://eldercare.acl.gov/Public/Index.aspx>
* Family Caregiver Alliance is a San Francisco based organization that hosts the Family Care Navigator, a tool for locating state-by-state resources for family caregivers; 1-800-445-8106. <https://www.caregiver.org/family-care-navigator>
* The National Family Caregivers Association’s Caregiver Action Network is a non-profit organization that provides education, peer support, and resources to caregivers across the country, free of charge. Resources include an online family caregiver toolbox and instructional videos. <https://caregiveraction.org/>

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