

Transforming
Lives

Resources For Older Adults and Their Family Caregivers

Resources for Aging Adults

Plan, Plan, Plan!

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Family Conversations- wants needs

Estate and Asset Planning

<https://www.ncoa.org/adviser/estate-planning/estate-planning-guide-checklist/>

- Will –**Everyone should have one!**
 - ✓ Online options
 - ✓ attorney
- Health Care Directive– make your decisions so others don't have to
<https://www.washingtonlawhelp.org/resource/health-care-directive-or-living-will>

Care Planning

Durable Power of Attorney – <https://www.washingtonlawhelp.org/resource/questions-and-answers-on-powers-of-attorney>
Everyone should have one!

- ✓ health care
- ✓ financial

Who Decides?

What happens if I don't choose a health care agent?

Washington State law lists who will make health care decisions for you if you cannot

The order for who will decide is:

A guardian appointed by the state

Named **health care agent** with health care decision-making authority in the advance directive

Your **spouse** or **registered domestic partner** (even if separated)

Your **adult children** *

Your **parents** *

Your **adult siblings** *

Your **adult grandchildren** *

Your **adult nieces & nephews** *

Your **adult aunts & uncles** *

A **close friend** who meets certain criteria *

***Any group that has more than one person: all in the group must agree to the care**



[/HonoringChoicesPNW](#)

[@HCPNW](#)

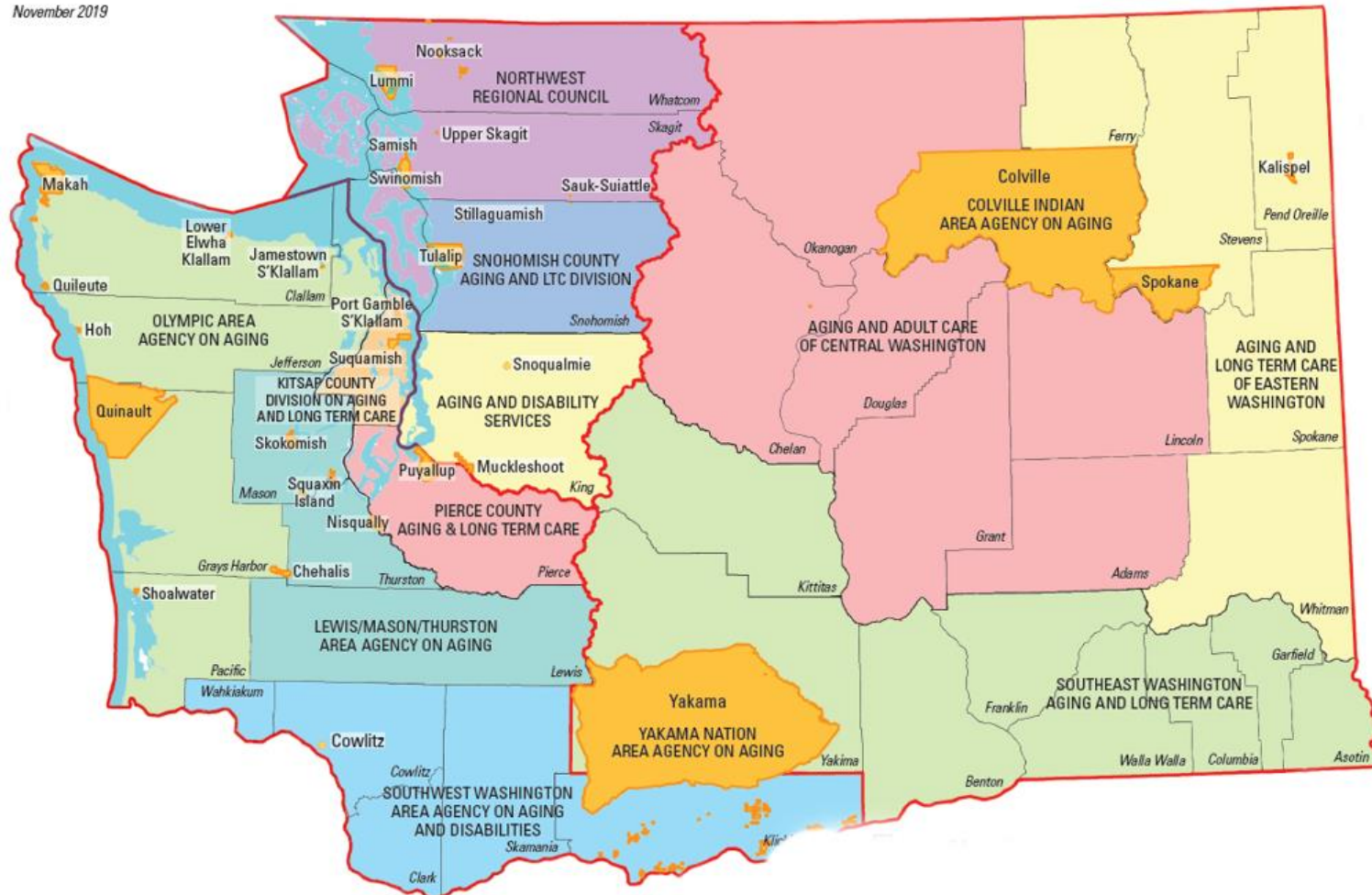
honoringchoicespnw.org

Scan for more information about the Washington State law



Washington Association of Area Agencies on Aging

November 2019



FEDERALLY RECOGNIZED WASHINGTON STATE TRIBES AND AREA AGENCIES ON AGING

- Olympic Area Agency on Aging (PSA 1)
- Northwest Regional Council (PSA 2)
- Snohomish County Aging and LTC Division (PSA 3)
- Aging and Disability Services (PSA 4)
- Pierce County Aging and Long Term Care (PSA 5)
- Lewis/Mason/Thurston Area Agency on Aging (PSA 6)
- Southwest Washington Agency on Aging and Disabilities (PSA 7)
- Aging and Adult Care of Central Washington (PSA 8)
- Southeast Washington Aging and Long Term Care (PSA 9)
- Yakama Nation Area Agency on Aging (PSA 10)
- Aging and Long Term Care of Eastern Washington (PSA 11)
- Colville Indian Area Agency on Aging (PSA 12)
- Kitsap County Division on Aging and Long Term Care (PSA 13)

Community Living Connections the Gateway to Area Agencies on Aging

Assistance with applying for Medicaid Services

- In Home Personal Care
- Food and Cash Benefits
- Housing Programs

Assistance With Accessing Services for Older Adults

- Nutrition Programs
- Falls Prevention Programs (fitness classes)
- Dementia Programs
- Family Caregiver Support Programs
- Kinship Caregiver Programs

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**Community
Living
Connections**

wacalc.org

855-567-0252



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Department of Social
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COMMUNITY LIVING CONNECTIONS

LINKING YOU TO
Personalized Care & Support Options

Site Search

Select Language

A A

Call Toll-Free
1-855-567-0252

For information regarding Coronavirus (COVID-19), please visit the Washington State Department of Health Information page at <https://www.doh.wa.gov/Emergencies/Coronavirus>. Or contact your local health department.

Understanding and accessing services

Get Help

Connect to Local Services



Search for Resources



Community



Disability



Employment



End of Life

Senior Centers

Senior Centers and other Community Organizations are providers of Services and programs for older adults.

- Falls Prevention (Exercise programs)
- Congregate Meals
- Events
- Art and crafts
- Games
- Classes
- Support groups
- walking groups

ETC.

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- Call 211
- Call your Area Agency on Aging
- Search online for *Senior Center in my county*



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Other Information Resources

- 211
- Eldercare Locator - [1-800-677-1116](tel:1-800-677-1116)
- AARP –Get Set Up - <https://www.getsetup.io/partner/Washington>
- Benefits Checkup –<https://benefitscheckup.org/>
- SHIBA- <https://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba>
- Search for Older Adult health and wellness in Search engine
- Senior Centers – search for Senior Centers in your county.

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“There are four kinds of people in the world:

Those who have been caregivers;

Those who currently are caregivers;

Those who will be caregivers; and

Those who will need caregivers.”

—Former First Lady Rosalynn Carter

~18% of Americans are family caregivers to an older adult



Resources for Caregivers

YOU CALL IT

**“helping my mom in
the bathroom.”**

WE CALL IT

caregiving.



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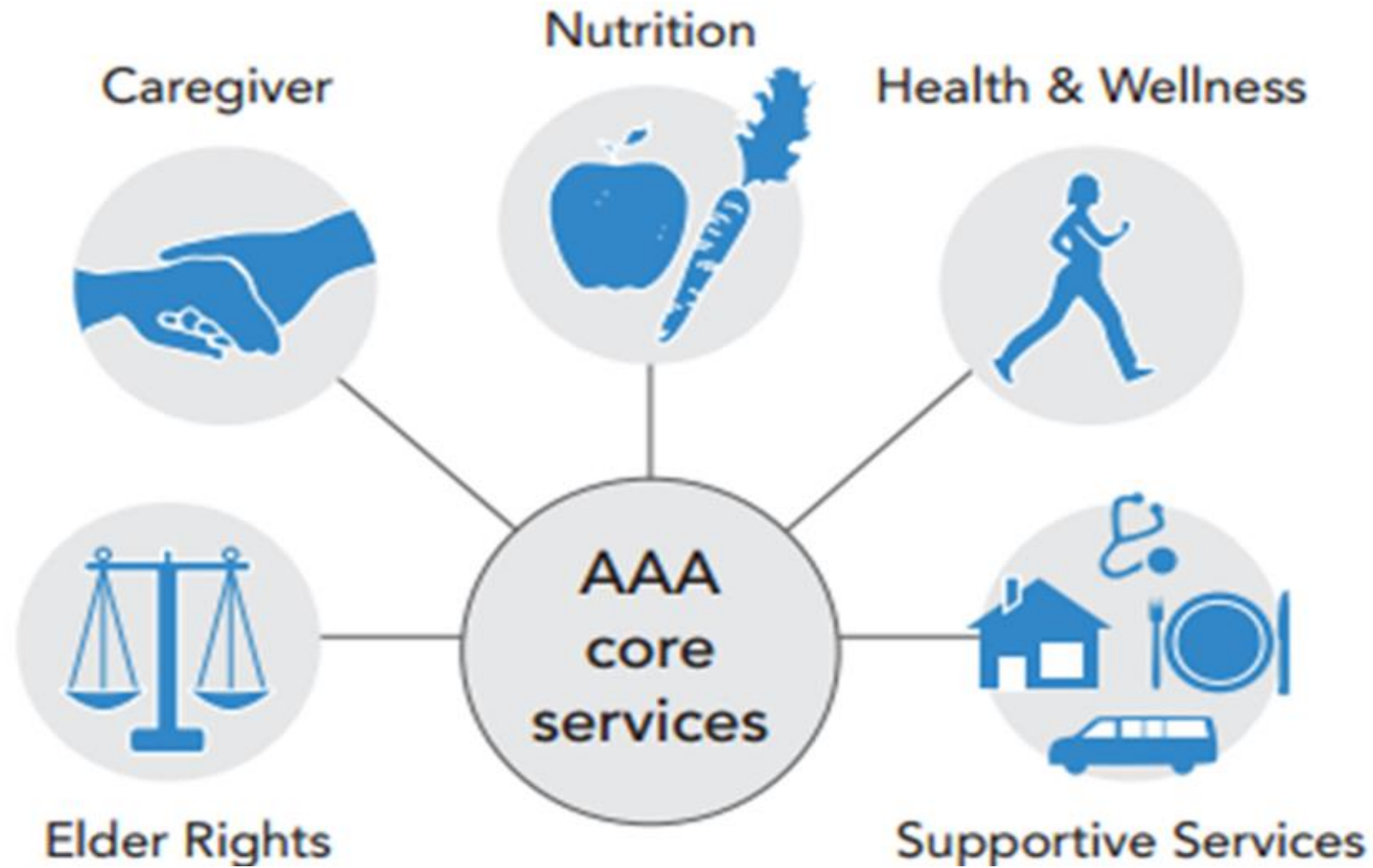
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1-855-567-0252
www.waclc.org



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Area Agency on Aging Services



Family Caregiver Support Services

Services to assist family caregivers to take care of themselves while caring for an older family member or friend.

- ✓ Information, Assistance and Options counseling
- ✓ Respite (relief care)
- ✓ Housekeeping and Errands
- ✓ Durable Medical Equipment
- ✓ Counseling
- ✓ Support Groups
- ✓ Training Support (e.g., Powerful Tools for Caregivers and Early-Stage Memory Loss Classes)
- ✓ Dementia Support and Social Isolation Programs
- ✓ Star C (an evidence-based program)

Other Information and Training for Family Caregivers

    
1 in 5 employees serve as a family caregiver.

AARP - <https://www.aarp.org/caregiving/>

AARP for Working Family Caregivers <https://www.aarp.org/work/caregiving-resources/>

 **Trualta**- <https://wacaregivingjourney.com/login>

Family Caregiver Alliance -<https://www.caregiver.org/resource/taking-care-yourself-care-family-caregivers/>

211 - they also have a website! <https://wa211.org/>



Alzheimer's Disease and Other Dementias

- ❑ **Dementia Road Map: A Guide for Family and Care Partners –**
to access: View Online – [English](#) | [Spanish](#)
OR Request a paper copy of the Dementia Road Map
Dementiaroadmap@dshs.wa.gov
- ❑ **Trualta** <https://wacaregivingjourney.com/login>
- ❑ **Alzheimer's Association 24 hour helpline**
24/7 HELPLINE [800.272.3900](tel:800.272.3900)
Alzheimer's Association - [HTTPS://WWW.ALZ.ORG/](https://www.alz.org/)
- ❑ **AARP** - <https://www.aarp.org/health/brain-health/dementia-resource-guide-digital-edition.html>



Disease Specific Websites

Parkinson's Disease - <https://www.parkinson.org/>

ALS - <https://www.als.org/>

Multiple Sclerosis-

<https://www.nationalmssociety.org/What-is-MS>



Most diseases have multiple sites online.

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The Value of Respite and other Forms of Self-Care

Respite- a short break from caregiving

Respite is most effective when taken at regular intervals. Keep that time for activities you like to do.

Self Care for Unpaid Family Caregivers

Take time for yourself. Make respite a habit	Ask for help from family and friends and accept help when it is offered.
Eat nutritional foods and drink water daily	Join a Support Group, use Trualta for training and skill building. Contact your Area Agency on Aging for services.
Exercise at least 3 times per week	Sleep for 7-8 hours every night
Find stress reducing activities like meditation or yoga	Use smart devices to help – medication reminders, personal emergency response systems, etc.
Keep medical appointments and consider counseling. Your health matterstoo!	Focus on gratitude and try to see the humor in things, keep up with spiritual practice.

Questions?

Family Caregiver Support Program

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