

Website Resources for Family Caregivers

Prepared by Washington Co. Family Caregiver Support Program

Organization	Phone	Website	Description
211	211	www.211info.org	2-1-1 connects people in need with the community resources available to help meet those needs.
Administration for Children and Families (ACF) Regional Office - Seattle	1 (206) 615-2547	www.acf.hhs.gov	ACF is a federal agency funding state, territory, local, and tribal organizations to provide family assistance (welfare), child support, child care, Head Start, child welfare, and other programs relating to children and families.
Administration on Aging	1 (202) 619-0724	www.aoa.gov	A US government site designed to provide a comprehensive overview of a wide variety of topics, programs and services related to aging.
Ageless Design	1 (800) 752-3238	www.agelessdesign.com	A resource for caregivers and professionals dealing with Alzheimer's disease and related dementias.
Agingcare.com-Community of Caregivers	1 (866) 627-2467	www.agingcare.com	Online community of support for the elderly and their caregivers - includes articles, active forums, ask the expert and other features.
Aging in Stride	1 (800) 448-5213	www.aginginstride.org	Website features a video titled <i>Just in Case: Emergency Readiness for Older Adults and Caregivers</i> , which addresses issues specific to emergency preparation for older adults and caregivers.
AGIS Network, Inc.	1 (866) 511-9188	www.agis.com	The AGIS website offers information on eldercare, long-term care and caregiving.

The ALS Association Oregon & SW Washington Chapter	1 (800) 681-9851	www.alsa-or.org	A resource for persons with Amyotrophic Lateral Sclerosis and their caregivers.
Alzheimer's Association	(503) 413-7114 (503) 733-0402	www.alz.org/oregon/	The Alzheimer's Association is a leading voluntary health organization in Alzheimer care, support and research.
Alzheimer's Disease Education and Referral (ADEAR) Center	1 (800) 438-4380	www.nia.nih.gov/alzheimers	ADEAR Center Web site will help you find current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging.
American Association for Caregiver Education		www.caregivered.org	A useful site for family caregivers.
American Association of Retired Persons	1 (888) 687-2277	www.aarp.org	AARP is a nonprofit organization addressing needs and issues of people over 50.
AARP Grandparenting	1 (888) 687-2277	www.aarp.org/grandparents	AARP's site for grandparents including information for those who are raising their grandchildren
American Association on Health and Disability (AAHD)	(503) 494-3331	www.aahd.us	AAHD's mission is to support health promotion and wellness initiatives for people with disabilities.
American Cancer Society (ACS)	(503) 295-6422	www.cancer.org	ACS is a nationwide, community-based voluntary health organization.
American Diabetes Association	(503) 736-2770	www.diabetes.org	The American Diabetes Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

American Foundation for the Blind (AFB)	1 (202) 502-7600	www.afb.org	AFB is a national nonprofit that expands possibilities for people with vision loss.
American Geriatrics Society (AGS)	1 (212) 308-1414	www.americangeriatrics.org	AGS is a nonprofit organization of over 6,700 health professionals devoted to improving the health, independence and quality of life of all older people.
The American Geriatrics Society's Foundation for Health in Aging	1 (800) 563-4916	www.healthinaging.org	The AGS Foundation for Health in Aging is a national non-profit organization established to build a bridge between the research and practice of geriatrics and the public, and to advocate on behalf of older adults and their special health care needs.
American Heart Association	1 (800) 242-8721	www.americanheart.org	A resource for persons with cardiovascular disease and their caregivers.
American Liver Foundation (ALF)	1 (800) 465-4837	www.liverfoundation.org	ALF's mission is to facilitate, advocate and promote education, support and research for the prevention, treatment and cure of liver disease.
American Lung Association	1 (800) 586-4872	www.lungusa.org	The mission of the American Lung Association is to save lives by improving lung health and preventing lung disease.
American Pain Foundation	1 (888) 615-7246	www.painfoundation.org	The American Pain Foundation is an independent nonprofit 501(c) 3 organization serving people with pain through information, advocacy, and support.

American Pain Society	1 (847) 375-4715	www.ampainsoc.org	The American Pain Society is a multidisciplinary community working to increase the knowledge of pain and transform public policy and clinical practice to reduce pain-related suffering.
American Parkinson Disease Association	1 (800) 223-2732	www.apdaparkinson.org	The American Parkinson Disease Association, Inc. was founded to "ease the burden and find a cure" for Parkinson's disease and focuses its energies on research, patient support, education and raising public awareness of the disease.
American Stroke Association	1 (888) 478-7653	www.strokeassociation.org	The American Stroke Association is a division of the American Heart Association that focuses on reducing risk, disability and death from stroke through research, education, fund raising and advocacy.
& Thou Shalt Honor	1 (310) 828-2966	www.andthoushalthonor.org	Includes profiles of caregivers, care recipients, community resources, and links to other websites on research, training, and support materials.
ARCH National Respite Network	1 (919) 490-5577	www.archrespite.org	This site provides a national respite care locator as well as information and resources.

Arthritis Foundation	1 (800) 283-7800	www.arthritis.org	The Arthritis Foundation helps people take control of arthritis by providing public health education; pursuing public policy and legislation; and conducting evidence-based programs to improve the quality of life for those living with arthritis.
Attention Deficit Disorder Association	1 (484) 945-2101	www.add.org	This site provides information, resources and networking opportunities to adults with Attention Deficit/Hyperactivity Disorder and the professionals who serve them.
Autism Society of America (ASA)	1 (800) 328-8476	www.autism-society.org	ASA exists to improve the lives of all affected by autism by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.
Autism Society of Oregon	1 (888) 288-4761	www.oregonautism.com	A resource for persons with autism and their caregivers.
Benefits Check-Up		www.benefitscheckup.org	Developed and maintained by The National Council on Aging, Benefits Check Up is a Web-based service to screen for benefits programs for seniors with limited income and resources.

Beth Israel Family Caregiver Program and Net of Care		www.netofcare.org	The site features a <i>Caregiver Resource Directory</i> , a practical guide with resources, facts, and advice about caring for a loved one as well as the caregiver. Includes specific information on caring for patients with AIDS, ALS, cancer and sickle cell disease.
Brain Injury Association of Oregon	1 (800) 544-5243	www.biaoregon.org	Resources for persons who have brain injuries and their caregivers.
Cancer Care Resources	(503) 528-5236	www.cancercarerresources.org	Cancer Care Resources is a non-profit, community based service that offers support to anyone in the Portland/Vancouver area who is dealing with cancer.
The Care Transitions Program	(303) 724-2523	www.caretransitions.org	The aim of the Care Transitions Program SM is to support patients and families; increase skills among healthcare providers; enhance the ability of health information technology to promote health information exchange across care settings; implement system level interventions to improve quality and safety; develop performance measures and public reporting mechanisms; and influence health policy at the national level.
Caregiver Handbook		www.seniormag.com/caregiverresources/handbook	A resource for seniors sponsored by Senior Magazine Online.

Caregiver-Information.com		www.caregiver-information.com	A guide to general caregiving information including medication guidelines, bowel and bladder, nutrition, skin and mouth care, fever, environmental concerns and infection control as well as finding/hiring help.
Caregiver Media Group – Today’s Caregiver Magazine	1 (800) 829-2734	www.caregiver.com	A resource provided by <i>Today’s Caregiver</i> magazine. Offers a newsletter, online discussion lists, caregiver support groups and chat rooms.
Caring.com		www.caring.com	Caring.com is a comprehensive website offering information on health, housing, finances, legal advice and daily care.
Caring Bridge	1 (651) 789-2300	www.caringbridge.org	Free website that helps family members & friends stay in contact during a health crisis.
Caring Connection	1 (800) 658-8898	www.caringinfo.org	A resource for caregivers sponsored by the National Hospice and Palliative Care Organization
Caring From a Distance	1 (202) 895-9465	www.cfad.org	Caring From a Distance is an organization for long-distance caregivers.
This Caring Home Presented by Weill Cornell Medical College		www.thiscaringhome.org	All materials on This Caring Home’s website have been reviewed by select members of the Advisory Board, composed of a wide variety of professionals, including nurses, dementia specialists, physical and occupational therapists, safety experts, social workers, and recreational therapists.

Caring Today Magazine, LLC	1 (203) 254-0783	www.caringtoday.com	Useful advice and how-to articles on a range of caregiving topics.
Children of Aging Parents		www.caps4caregivers.org	Children of Aging Parents is a nonprofit organization whose mission is to assist the nation's nearly 54 million caregivers of the elderly or chronically ill with reliable information, referrals and support, and to heighten public awareness that the health of the family caregivers is essential to ensure quality care of the nation's growing elderly population.
Community Action Child Care Resource and Referral of Washington County	(503) 693-3236	www.caowash.org/ccrr/	Community Action's Child Care Resource & Referral of Washington County provides parents and families with free child care referrals and resources.
Connecting For Care		www.connectingforcare.com	Connecting for Care was designed to provide resources and support to assist with the daily situations experienced by all caregivers
Council for Jewish Elderly, Chicago	1 (773) 381-6008	www.caregivinghelp.org	Website offers educational modules on lifting and transferring, dealing with depression, hiring help, avoiding falls, advice on legal and financial decisions, and information on self-care techniques.
Cystic Fibrosis Foundation – Oregon	(503) 226-3435	www.cff.org	A resource for persons with Cystic Fibrosis and their caregivers
Department of Human Services (DHS)	1 (503) 945-5944	www.oregon.gov/DHS/	Assisting Oregonians to become independent, healthy and safe.

Department of Human Services (DHS) ERDC (Employment Related Day Care)		www.oregon.gov/DHS/children/childcare/	ERDC helps eligible low-income working families pay for child care. This helps parents to stay employed, and children to be well cared-for in stable child care arrangements.
Disability Compass	(503) 292-4964 x 107	www.disabilitycompass.org	Disability Compass provides information on services, products, and special health care resources for people with disabilities, their families and their supporters.
Disability.Gov		www.disability.gov	Provides easy access to comprehensive disability-related information and resources.
Easter Seals Oregon	(503) 228-5108	www.or.easterseals.com	Easter Seals Oregon provides services to children and adults with disabilities and other special needs, helping them to live with equality, dignity and independence.
Eldercare Locator	1 (800) 677-1116	www.eldercare.gov	The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.
Eldercare Online		www.ec-online.net	Eldercare Online provides information, education and support to families caring for aging loved ones, especially those coping with Alzheimer's Disease and related dementias.
Empowering Caregivers	1 (202) 807-1204	www.care-givers.com	A website for caregivers

Epilepsy Foundation	1 (800) 332-1000	www.epilepsyfoundation.org	The Epilepsy Foundation of America® works to ensure that people with seizures are able to participate in all life experiences; to improve how people with epilepsy are perceived, accepted and valued in society; and to promote research for a cure.
Family Caregiver Alliance	1 (800) 445-8106	www.caregiver.org	A resource for family caregivers.
Family Caregiving 101		www.familycaregiving101.org	A resource for family caregivers.
Family Village		www.familyvillage.wisc.edu	Family Village is a global community that integrates information, resources, and communication opportunities on the Internet for persons with cognitive and other disabilities, for their families, and for those that provide them services and support.
Fibromyalgia Network	1 (800) 853-2929	www.fmnetnews.com	Fibromyalgia Network keeps you current on fibromyalgia treatments, coping tips, and research to enrich your life.
Find Community Action Organization		www.caowash.org/find/	Online resource directory for Tri County area.

Finding Our Way		www.findingourway.net	Finding Our Way is a short course on death and dying in America today, including practical advice, resources, and personal stories that can teach how to approach these most significant life events with the same kind of planning and emotional preparedness we strive for in the rest of our lives.
Grandparents Raising Grandchildren	1 (800) 333-4636	www.usa.gov/Topics/Grandparents.shtml	A government resource for grandparents raising grandchildren.
GrandsPlace	1 (860) 763-5789	www.grandsplace.org/gp4/or.html	For Grandparents and special others parenting children
Healthfinder		www.healthfinder.gov	A guide to reliable health information, sponsored by the Office of Disease Prevention and Health Promotion.
The Healthy Caregiver		www.healthycaregiver.com	The Healthy Caregiver Community Foundation is a Community Outreach, Education and Advocacy Organization.
Hearing Loss Association of America (HLAA)	1 (301) 657-2248	www.hearingloss.org	The mission of HLAA is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.
Hospice Foundation of America	1 (800) 854-3402	www.hospicefoundation.org	A resource for end of life information and services.
Independent Living Resources (ILR)	(503) 232-7411	www.ilr.org	ILR is a non-profit organization dedicated to helping people with <i>all</i> disabilities offering the core services of advocacy, information and referral, peer counseling, and skills training.

Institute on Aging Portland State University		www.upa.pdx.edu/IOA/contact.htm !	The Institutes three primary functions are to design, carry out, and facilitate research related to the issues, policies, and programs that affect the quality of life for elders and their families; to develop and implement training for person interested in gerontology, geriatrics and lifelong learning; and to provide service to the community in the form of short-term training, educational programming, technical assistance and the sponsorship of organizations for elders.
Johnson & Johnson Strength for Caring	1 (866) 466-3458	www.strengthforcaring.com	Strength for Caring provides information for family caregivers, including an online caregiving manual with articles from several sources and extensive information on hands-on care.
The Leukemia & Lymphoma Society (LLS)	1 (800) 955-4572	www.leukemia.org	LLS is dedicated to funding blood cancer research, education, and patient services, working toward a cure for leukemia, lymphoma, Hodgkin's disease and myeloma, and improving the quality of life of patients and their families.
Lighthouse International	1 (800) 829-0500	www.lighthouse.org	Lighthouse International is dedicated to fighting vision loss through prevention, treatment and empowerment.
Lupus Foundation of America	1 (202) 349-1155	www.lupus.org	A resource for persons with lupus and their caregivers.

Mayo Clinic		www.mayoclinic.com	Mayo Clinic is a not-for-profit medical practice dedicated to the diagnosis and treatment of virtually every type of complex illness.
Medicare.gov	1 (800) 633-4227	www.medicare.gov	The official U.S. Government site for people with Medicare.
Medicare's Caregiver Information	1 (800) 633-4227	www.medicare.gov/caregivers	Information about Medicare for caregivers.
Metropolitan Family Services (MFS)	(503) 232-0007	www.metfamily.org	MFS is dedicated to building stronger communities by providing services, connecting people with resources, and offering volunteer opportunities throughout the Portland, Oregon region.
Misty Mountain Family Counseling Center Caregiver Support Groups	(503) 684-6289	www.caregiversupportgroup.org	These support groups are sponsored by the Family Caregiver Support Program through Washington County Disability, Aging and Veteran Services and are facilitated by professional counselors from Misty Mountain Family Counseling Center.
Multiple Sclerosis Foundation	(800) 225-6495	www.msfacts.org	The Multiple Sclerosis Foundation provides a comprehensive approach to helping people with MS maintain both their health and well-being, offering programming and support to keep them self-sufficient and their homes safe, while educational programs heighten public awareness and promote understanding about the illness.
Muscular Dystrophy Association	(503) 223-3177	www.mda.org	A resource for persons with Muscular Dystrophy and their caregivers.

National Academy of Elder Law Attorneys (NAELA)		www.naela.com	NAELA is a non-profit association that provides information, education, networking and assistance to those who deal with the many specialized issues involved with legal services to seniors and people with special needs.
National Alliance for Caregiving		www.caregiving.org	The National Alliance for Caregiving is dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers. The website also features ratings and reviews on websites, videos, and other materials on aging.
NAMI (National Alliance on Mental Illness) Washington County	(503) 356-6835	www.namiwash.org	NAMI is dedicated to providing support, education and advocacy for consumers, families, and friends of people with severe and persistent mental illnesses.
National Association for the Deaf (NAD)	1 (301) 587-1788	www.nad.org	NAD's mission is to preserve, protect, and promote the civil, human, and linguistic rights of deaf and hard of hearing individuals in the United States of America
National Association for Empowering Caregivers	1 (212) 817-1204	www.care-givers.com	A resource for family caregivers.
National Association of Area Agencies on Aging	1 (202) 872-0057	www.n4a.org	n4a's primary mission is to build the capacity of its members to help older persons and persons with disabilities live with dignity and choices in their homes and communities for as long as possible.

National Cancer Institute	1 (800) 422-6237	www.cancer.gov	A resource for persons with cancer and their caregivers.
National Caregiver Library	1 (804) 327-1111	www.caregiverslibrary.org	The <i>National Caregivers Library</i> is one of the most extensive libraries for caregivers that exist today. Hundreds of articles, forms, checklists and links to topic-specific external resources are organized into logical categories on the side of each page.
National Caregiving Foundation	1 (800) 930-1357	www.caregivingfoundation.org	The mission of the National Caregiving Foundation is to meet both the direct and indirect needs resulting from the impact of catastrophic diseases on our society.
National Clearinghouse for Long-term Care		www.longtermcare.gov	A website that provides information about practical steps for planning ahead for long-term care needs.
National Council on Aging		www.ncoa.org	A resource for seniors.
NFCA (National Family Caregivers Association)	1 (800) 896-3650	www.TheFamilyCaregiver.org	The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.
National Hospice and Palliative Care Organization	1 (703) 837-1500	www.nhpco.org	A resource for end of life information and services.
National Institute on Aging	1 (301) 496-1752	www.niapublications.org	Offers free links to other organizations' publications ranging from long-distance caregiving to an exercise guide.

National Institute on Health's "Caring for Someone with Alheimers Disease		http://www.nia.nih.gov/NR/rdonlyres/6A0E9F3C-E429-4F03-818E-D1B60235D5F8/0/100711_LoRes2.pdf	A 146 page guide for caring for someone with Alheimers.
National Library of Medicine	1 (888) 346-3656	www.nlm.nih.gov	A resource for reliable health information, sponsored by the National Institute on Health
National Kidney Foundation	1 (800) 622-9010	www.kidney.org	A resource for persons with kidney diseases and their caregivers.
National Multiple Sclerosis Society	1 (800) 344-4867	www.nationalmssociety.org	A resource for persons with Multiple Sclerosis and their caregivers.
National Organization for Rare Disorders (NORD)	1 (800) 999-6673	www.rarediseases.org	NORD is a unique federation of voluntary health organizations dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them. NORD is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and service.
NeedyMeds		www.needymeds.com	NeedyMeds is a 501(c)(3) non-profit with the mission of helping people who can't afford to pay for their medications.
New York Online Access to Health		www.noah-health.org	Site provides access to videos and articles concerning caregiving, Alzheimer's, and other diseases.
Next Step In Care		www.nextstepincare.org	Next Step in Care provides information and advice to help family caregivers and health care providers plan safe and smooth transitions for patients.

Northwest Down Syndrome Association (NDSA)	(503) 238-0522	www.nwdsa.org	The NDSA mission is to create a loving and inclusive community for persons with Down syndrome by empowering and supporting families and individuals, working to increase education, promote public understanding and acceptance, and encourage full inclusion in the community.
NorthWest Senior and Disability Services (Salem)	1 (800) 469-8772	www.nwsds.org/family.html	Caregiver kits, newsletters, and resources from the Area Agency on Aging serving Clatsop, Marion, Polk, Tillamook & Yamhill Counties
Oregon Ability	1 (888) 505-2673	www.oregonability.com	The Oregon Ability website is designed to help individuals with disabilities and their families find resources relevant to their lives and their needs.
Oregon Center for Applied Science	1 (888) 349-5472	www.orcasinc.com	The Oregon Center for Applied Science, Inc., offers <i>Caregiver's Friends: Sensitive Conversation</i> , a multimedia online program which teaches effective communication skills.
Oregon Commission for the Blind	1 (888) 202-5463	www.oregon.gov/Blind/index.shtml	The Oregon Commission for the Blind is a resource for visually impaired Oregonians, as well as their families, friends, and employers.
Oregon Counsel on Developmental Disabilities	1 (866) 837-0250	www.ocdd.org/index.php/ocdd/wh_atwedo/15/	The Inclusive Child Care Program subsidy helps to meet higher child care costs that are related to a child's individual needs.

Oregon Family Support Network (OFSN)	1 (800) 323-8521	www.ofsn.org	OFSN supports Oregon families with children and adolescents with emotional, behavioral, mental and/or physical challenges and special needs.
Oregon Helps		www.oregonhelps.org	Use this web site to find out if your family can get help from 28 different services
Oregon Post Adoption Resource Center (ORPARC)	(503) 241-0799	www.orparc.org	ORPARC, a division of Northwest Resource Associates, is a non-profit program contracted to provide services for Oregon DHS adoptive and assisted guardianship families.
Oregon State University eXtension		www.extension.org	eXtension is an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America. eXtension connects knowledge consumers with knowledge providers - experts who know their subject matter inside out.
PBS		www.pbs.org/wgbh/caringforyourparents/watchonline/index.html	To view online the 2 hr. special <u>Caring for Your Parents</u> .
PHAME Academy	(503) 973-5815	www.phameacademy.org	PHAME Academy is dedicated to enriching the lives of developmentally challenged citizens of all ages through participation in performing and fine arts.
The Prepared Caregiver		www.ohsu.edu/healthyaging/caregiving	This website was developed to help elders in Oregon find information and resources to help with caregiving.

Providence Child Center	(503) 215-2400	www.providence.org/childcenter	Providence Child Center provides a rich continuum of services for children as well as the Jean Baton Swindells Resource Center for Children and Families, which provides assistance, information, resources and education on a variety of disability-related subjects to families, caregivers and friends of children with special needs.
Ride Connection	(503) 226-0700	www.rideconnection.org	Ride Connection is a private non-profit organization dedicated to linking seniors and individuals with disabilities with accessible transportation.
Rosalynn Carter Institute for Caregiving	(229) 931-2707	www.rosalynncarter.org	Offers booklet titled, 12 Tips for Caregivers , which address caregiving and Alzheimer's disease, cancer, disability, mental illness, caregiving in rural communities, and providing intergenerational caregiving.
The Senior Care Guide	(503) 246-8604	www.theseniorcareguide.com	Site has a senior resource locator for several states.
Senior Transitions	1 (866) 353-5337	www.senior-community.net	Senior Transitions is dedicated to assisting seniors in finding communities that will meet their increasing needs as they age.

Share the Care	(646) 467-8097	www.sharethecare.org	ShareTheCaregiving™ , Inc. seeks to inform and educate healthcare providers, corporations, communities, clergy, universities, and individuals about Share The Care™™, a model that details how ordinary people can create and operate a unique extended family-type support system to care for a friend or loved one, whether for a month or for years.
Sherwood Faith in Action (Sherwood and Southwest Washington County)	(503) 925-0585	www.faithinactionsherwood.org	Faith in Action (FiA) is a national volunteer movement that brings together church congregations from many faiths, government agencies, and local community organizations to help seniors who are elderly or living with chronic health conditions maintain their self esteem and independence by providing them service at no charge.
Silver Planet		www.silverplanet.com	A website for seniors and their caregivers.
Terra Nova Films		www.terranova.org	Terra Nova Films offers over 200 videos covering everything from Alzheimer's to yoga.
The Thoughtful Caregiver		http://thoughtful-caregiver.com	The Thoughtful Caregiver features of collection of writings designed for caregivers in hopes of providing wisdom and encouragement.
Today's Seniors		www.todaysseniors.com	Today's Seniors, Inc., has specialized in issues important to seniors — from retirement planning to Medicare and elder care.

Training for Community-Based Providers Oregon DHS	1 (800) 282-8096	http://www.oregon.gov/DHS/spd/povtools/training/	The Training for Community-Based Care Providers Web site is dedicated to the promotion of quality health education.
Trips Inc.	1 (800) 686-1013	www.tripsinc.com	Trips Inc. Special Adventures are designed for people with developmental disabilities and special needs who require staff assistance for a safe and enjoyable vacation.
United Cerebral Palsy	1 (800) 872-5827	www.ucp.org	A resource for persons with Cerebral Palsy and their caregivers.
United Cerebral Palsy Association of Oregon & Southwest Washington	(503) 777-4166 1 (800) 473-4581	www.ucpaorwa.org	UCP of Oregon & SW Washington offers direct service, information, and advocacy for people with cerebral palsy and other disabilities based on an individual's need and choice.
US Department of Health & Human Services		www.hhs.gov	The Department of Health and Human Services is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.
Video Caregiving		www.videocaregiving.org/caregiving.php	A visual education center for family caregivers.
Washington County Disability, Aging and Veterans Services	(503) 846-3060	Community Based Care: www.co.washington.or.us/HHS/DASVS/HousingCare/	A resource for long term care information and sources.
Washington County Disability, Aging and Veterans Services	(503) 846-3060	Family Caregivers: www.co.washington.or.us/HHS/DASVS/People/Caregivers/	A resource for family caregivers

Washington County Hospice Foundation	(503) 648-9565	www.hospicewc.org	Washington County Hospice Foundation is a non-profit home-based program designed to meet the special physical, psychological, social and spiritual needs of terminally ill patients and their families.
Well Spouse Foundation	1 (800) 838-0879	www.wellspouse.org	The WSA is a national organization focusing exclusively on the needs of all spouses caring for a chronically ill and/or disabled husband, wife, or partner.