

Caregiver Support Network

Respite! Respite? Respite... resources

10 am webinar video link https://go.osu.edu/caregiver_respite_action_plan

2 pm webinar video link

https://go.osu.edu/sharing_respite_experiences_and_resources

All of these resources (and more) can be found at
<https://agrability.osu.edu/caregiver-support-network>

OSU Extension Family and Consumer Sciences blogs

<https://fcs.osu.edu/news/blogs>

- [Live Healthy, Live Well](#)
- [Live Smart Ohio](#)
- [Healthy Living Resources Telecast](#)
- [Chow Line](#)

Loop Ohio is hosted by Ohio Department of Developmental Disabilities for resource sharing and conversations.

To join the conversation, please register for Loop Ohio at <https://loopohio.org/register>

Once you have registered, you will have to request permission to be added to the Ohio Caregiver Resource Network group

[Click here to e-mail Laura Akgerman to be added to the group,](#) or e-mail Akgerman.4@osu.edu, with the subject *Please add me to Loop Ohio*

Ohio Mental Health Resource Guides (county specific)

<https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>

Trauma informed care approach – resources and workshops

<https://fcs.osu.edu/programs/healthy-relationships-0/trauma-informed-care-approach>



Caregiving for the Elderly

National Association of Area Agencies on Aging

N4a.org

In Ohio, <http://ohioaging.org/> or call 1-866-243-5678 for local Ohio Area Agencies on Aging

Essential Community Services

Call 211 (throughout USA) <https://www.211.org/>

Ohio Governor's office of faith based and community initiatives

<https://governor.ohio.gov/wps/portal/gov/governor/priorities/faith-based-initiatives/>

Well Spouse Association – support and resources for spousal caregivers

800-838-0879 (toll-free)

info@wellspouse.org

www.wellspouse.org

EduMed: Definitive Guide to Senior Care

<https://www.edumed.org/resources/definitive-guide-to-senior-care/> - A how-to guide to types of care, costs and insurance, and making the care transition as smooth as possible.

Cognitive Impairment & Degenerative Disease

Education: <https://www.edumed.org/resources/cognitive-impairment-education-guide/> - Key warning signs, when and where to get checked, and

how you can help those who live and work with various levels of impairment

Care Coordination (insurance, grants, programs)

Centers for Medicare & Medicaid Services

800-633-4227 (toll-free)

877-486-2048 (TTY/toll-free)

<https://www.cms.gov/>

www.medicare.gov

OhioRISE (Resilience through Integrated Systems and Excellence)

<https://managedcare.medicare.ohio.gov/wps/portal/gov/manac/managed-care/ohiorise/ohiorise>

Caregiving for Youth with disabilities

https://tuscbdd.org/TuscBDD_infomation.php?Family-Mentorship-16

The Franklin County Office on Aging (FCOA) collaborates with the Central Ohio Area Agency on Aging (COAAA) to administer the **Caregiver Support Program**. The program can assist with a variety of free short-term services that include adult day services, caregiver counseling, durable medical equipment, health maintenance supplies and in-home respite.

We provide support to:

- Non-paid caregivers (18 years or older) of adults age 60 and older who have a demonstrated need for home care assistance.
- Non-paid parents or relatives 55 years or older caring for an adult child who has disabilities and a demonstrated need for home care assistance.
- Kinship caregivers 55 years and older who are caring full-time for a minor child(ren) and are not the biological parents
- To enroll in the Caregiver Support Program and/or to learn more about FCOA's additional older adult services, please call Senior Options at 614-525-6200 Monday thru Friday from 9:00am to 4:00pm.

Eldercare Locator

800-677-1116 (toll-free)

eldercarelocator@n4a.org

<https://eldercare.acl.gov>

National Institute on Aging - What is respite care?

National Respite Locator Service

www.archrespite.org/respitelocator

Catholic Social Services [Senior Outreach | Catholic Social Services of the Miami Valley \(cssmv.org\)](#)

'Respite' Program or 'Senior Outreach' Program

Serves: Any senior 60 years of age or older.

Program Details: The Senior Outreach program's home visiting service is free to families who meet income guidelines.

Requirements: The Senior Visitor Service is available to clients in Miami, Montgomery, Preble and Shelby Counties. The Caregiver Relief Service is only available to residents in Montgomery County.

In Montgomery County, call (937) 223-7217 ext.2143.

In our other service areas, call our Northern Counties Office at (937) 498-4593 or (833) 289-0227.

Caregiving for individuals with dementia or chronic conditions

Alzheimer's Association -- www.alz.org

https://www.alz.org/local_resources/find_your_local_chapter

The ALS Association Central & Southern Ohio Chapter

For those living with ALS (amyotrophic lateral sclerosis) or PLS (primary lateral sclerosis)

Serves: Anyone diagnosed and living with ALS or PLS in a 55-county region (From Columbus, to NW Ohio, to Dayton, Cincinnati and SE Ohio)

Program details: Respite support through a **grant reimbursement program** that reimburses for costs not covered under insurance and specifically related to ALS or PLS. (Other programs for support are also available).

Requirements: Persons must register with the Chapter, live in our 55-county region, and have an official diagnosis of ALS or PLS to qualify.

Call 866.273.2572 to register based upon county residence.

[Care Services Department - The ALS Association Central & Southern Ohio Chapter](#)

Health and COVID-19 resources and information

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>

COVID-19 vaccines: information for families (recorded webinar)

<https://register.gotowebinar.com/register/2030729119724217611>

CAREGIVING FROM A DISTANCE

(COURTESY OF UNIVERSITY OF WYOMING CENTER ON AGING)

[Long-Distance Caregiving: Twenty Questions and Answers](#)

The National Institute on Aging provides a 48-page guide with topics on *Getting Started*, *Things You Can Do*, *Finding More Help*, *Support for Caregivers*, *Points to Remember*, and *Resources*.

[Obstacles to Long-Distance Caregiving: Caring for Your Loved One from Far Away](#)

The American Association of Retired Persons (AARP) provides information on obstacles to long-distance caregiving with topics on *Managing Family, Care and Career*; *Knowing When to Go*; *Contemplating a Move*; *Choosing a Main Caregiver*; and *Finding Resources*.

[Caring From a Distance](#)

Caring From a Distance provides support for long-distance caregivers. Tabs to additional information include *What to Do*, *Identify Services*, *You're Not Alone*, *Difficult Choices*, *Library*, *Links*, and *Our Family Folder*, which provides a password protected area for personal health records.

[Best Buys Senior Solutions](#): details technology and communication devices designed to assist with distance caregiving

[Senior Safety Reviews](#): comparison of medical alert systems 2018

[Strategies for Long Distance Caregivers](#) from Simmons University School of Nursing

Websites blogs, and articles about offering and requesting support

Cheryl Achterberg's blog is About Caregiving and Dementia. Mostly.
Cheryl Achterberg, Ph.D. is a retired Professor of Nutrition and Dean Emeritus from the College of Education and Human Ecology at The Ohio State University. Her blog is at <https://cherylachterberg.net/home/>

Lotsa Helping Hands

A central place to coordinate meals and help for friends and family
<https://lotsahelpinghands.com>

CaringWire

Caregiving simplified: Guidance, support and planning for older adults:
<https://www.caringwire.com>

Articles and resources for caregivers

<https://www.caregiving.com/>
<https://thecaregiverspace.org/>

Facebook caregiver support group page

<https://www.facebook.com/groups/103001490399094>

Article: Top 25 Interview Questions You Should Ask a Potential Caregiver

<https://www.seniorsresourceguide.com/articles/art00980.html>

Nanny cam article

<https://www.care.com/c/stories/4337/nanny-cam-yes-or-no-plus-nanny-cam-reviews/>