



Family Restoration and Healing Center

www.360wholeness.org/240-667-1849

Caregiver Resources

Contact Info for past FRHC Workshop Facilitators & Resources

<p>Family Restoration and Healing Center, Inc <i>Workshops & counseling on caregiver training, life skills, emotional & nutritional wellness</i> Karen Thompson, Executive Director 240-667-1849/www.360wholeness.org</p>	<p>Attorney, Karen Pope-Onwukwe, LLC <i>elder law attorney</i> www.kpopeatty.com -- P.O. Box 205, Hyattsville, Maryland 20781 301-927-3145/ 413-487-0758 (efax) kpopeatty@kpopeatty.com</p>
<p>Safe Harbor Christian Counseling <i>individual & family counseling</i> Deborah G. (Deb) Rollison, Ph.D., NCC, BCC, LCPC or Erik Sundquist, CEO 410-569-0604/ www.safeharbor1.com</p>	<p>Prince George's Department of Family Services, Aging Services Division—<i>financial & housing assistance</i> Shirley Whitley -- 6420 Allentown Road, Camp Springs, MD 20748 301-265-8450</p>
<p>Beulah Newby Consulting – <i>Assisting Individuals and Families In “Adjusting Your Sails”</i> Beulah Newby, LCSW-C – <i>lic. clinical social worker</i> (301) 908-2537/ beulahnewby@verizon.net</p>	<p>Prince George's Sheriff's Department Sheriff Melvin High—<i>court order issues</i> 301-780-8602</p>
<p>Hands of Hope Patricia Morris, LICSW, <i>consulting, case management, support group</i> 202-997-4073</p>	<p>Bowie Police Department Chief John Nesky Non-Emergency # 301-352-1200</p>
<p>Family Eldercare Management <i>Geriatric Care Management</i> Rosemary Allender, LCSW-C, LICSW, Director (301) 262-5082/ email: FamilyEldercare@Verizon.net www.FamilyEldercareManagement.com</p>	<p>A Place for Mom <i>Senior Assisted Living Guide</i> 866-344-8005 www.aplaceformom.com</p>
<p>Byrd & Byrd Attorneys at Law <i>Eldercare law, family law, personal injury, malpractice</i> Jackie Byrd, Attorney – Bowie, MD 301-464-7448/email: jbyrd@byrdandbyrd.com www.byrdandbyrd.com</p>	<p>U.S. Service Benefits 2850 Kingston Rd, Suite 217, York PA 17402 Phone: 800-285-0637 www.ussben.org <i>assess eligibility for V.A. benefits, and assist through the application process, at no cost to you</i></p>

The following resources are provided as a convenience to you. Family Restoration and Healing Center, Inc. (FRHC) expressly disclaims any and all liability and responsibility for these resources and affirmatively denies any endorsement of products, services, or information contained therein. FRHC does not screen, approve, support, or attest to the accuracy or completeness of these resources or the information provided by them.

Caregiver Handbooks

Orientation to Caregiving: A Handbook for Family Caregivers of Patients with Serious Illness

http://cancer.ucsf.edu/docs/crc/Caregiver_GEN.pdf

Training handbook and national resources

Care for the Family Caregiver Handbook

<http://www.caregiving.org/pdf/resources/CFC.pdf> or visit the National Alliance for Caregiving website

(www.caregiving.org)

Training handbook with national and local resources

Medicare.gov Caregiver Resources

<http://www.medicare.gov/campaigns/caregiver/caregiver.html>

Resources, stories, and newsletters about taking care of someone with Medicare

Caregiver Resources

National Organizations

Administration on Aging

Washington, DC 20201

1-202-619-0724

www.aoa.gov

Alzheimer's Association

225 North Michigan Avenue, 17th Floor

Chicago, IL 60601

1-800-272-3900

www.alz.org

Alzheimer's Disease Education and Referral Center (ADEAR)

PO Box 8250

Silver Spring, MD 20907

1-800-438-4380

www.alzheimers.org

Alzheimer's Foundation of America (AFA)

322 8th Avenue, 7th Floor

New York, NY 10001

1-866-AFA-8484 (1-866-232-8484)

www.alzfdn.org

www.alzquilt.org

A Place for Mom

Senior Assisted Living Guide

866-344-8005

www.aplaceformom.com

Note: this is a free service that will assist in your search for in-home aide, assisted living, or nursing homes.

Eldersearch
c/o Fisher Center for Alzheimer's Research Foundation
One Intrepid Square
West 46th Street & 12th Avenue
New York, NY 10036
1-800-ALZINFO (1-800-259-4636)
www.eldersearch.com

Financial Planning Association (FPA)
Denver, CO; Washington, DC
1-800-322-4237
www.fpanet.org

International Association of Registered Financial Consultants (IARFC)
The Financial Planning Building
PO Box 42506
Middletown, OH 45042
1-800-532-9060
www.IARFC.org

Medicare Hotline
1-800-633-4227
www.medicare.gov

National Adult Day Services Association (NADSA)
2519 Connecticut Avenue, NW
Washington, DC 20008
1-800-558-5301
www.nadsa.org

National Association of Area Agencies on Aging (N4A)
1730 Rhode Island Avenue, NW, Suite 1200
Washington, DC 20036
1-202-872-0888
www.n4a.org

National Association of Personal Financial Advisors (NAPFA)
3250 North Arlington Heights Road, Suite 109
Arlington Heights, IL 60004
1-800-366-2732
www.napfa.org

National Association of Professional Geriatric Care Managers (GCM)
1604 North Country Club Road
Tucson, AZ 85716
1-520-881-8008
www.caremanager.org

National Eldercare Locator
1-800-677-1116
www.n4a.org/locator.cfm/

National Family Caregivers Association (NFCA)
10400 Connecticut Avenue, #500
Kensington, MD 20895
1-800-896-3650
www.nfcacares.org

National Hospice and Palliative Care Organization (NHPCO)
1700 Diagonal Road, Suite 625
Alexandria, VA 22314
1-703-837-1500
www.nhpc.org

Social Security Administration
1-800-772-1213
www.ssa.gov

U.S. Service Benefits
2850 Kingston Rd, Suite 217, York PA 17402
Phone: 800-285-0637
www.ussben.org

Primary contacts: June Oppman or John Toomey

Are you or your parent a veteran or surviving spouse of a veteran:

- who served at least 90 days of consecutive active military service, one day served during wartime?
- who has been discharged in any way other than dishonorable?
- who is permanently disabled or at least age 65?
- who now, or will in the near future, need assistance with daily activities?

U.S. Service Benefits will assess your eligibility for V.A. benefits (Improved pension and Aid and Attendance benefits), and assist you through the application process, at no cost to you. Eligibility includes seniors at home, in assisted living, or in a nursing home! Family caregivers may even qualify as a home aide.