

## NorthWest Senior & Disability Services

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### ☎ Senior Services Information

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#### Marion or Polk County:

Phone: 503-304-3420  
or Phone: 1-866-206-4799

**McMinnville** Phone: 503-472-9441

**Tillamook** Phone: 503-842-2770

**Warrenton** Phone: 503-861-4200

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### ☎ Disability Services Information

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Phone: 503-304-3420  
or Phone: 1-866-206-4799

**McMinnville** Phone: 503-472-9441

**Tillamook** Phone: 503-842-2770

**Warrenton** Phone: 503-861-4200

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### General Information

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**Toll Free:** 1-800-469-8772

**Adult Protective Services:** 1-800-846-9165

**TTY:** 1-888-370-4307

**Web Page:** <http://www.nwsds.org>

**E-Mail:** [webmaster@nwsds.org](mailto:webmaster@nwsds.org)

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Information is current as of publication date and subject to change without notice. For alternate formats, contact us at any number listed above.  
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**NorthWest Senior &  
Disability Services**

### Family Caregiver Support Program Relatives As Parents Program



### Taking Care of You While You Care for Others

*Donations to NorthWest Senior & Disability  
Services are always welcome.*

## FAMILY CAREGIVER SUPPORT PROGRAM

Relatives As Parents Program



*Advocacy. Action. Answers on Aging.*

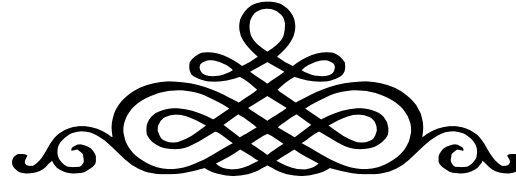
Serving Clatsop, Marion,  
Polk, Tillamook & Yamhill  
Counties

## Family Caregiver Support Program Relatives As Parents Program

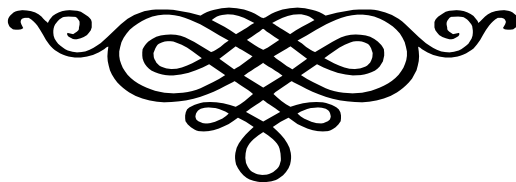
If you are age 55 or older and an unpaid relative caregiver for a child age 18 or younger, or an adult with disabilities, you may be eligible for services through the Family Caregiver Support Program.

This program provides supportive services to seniors who care for a child, or adult with disabilities, living in their home because the care receiver's parents are unable to, or choose not to be, the primary caregivers. Being responsible for the care of a child, or adult with disabilities, is an important job. It can also be a very stressful, full-time job. The Family Caregiver Support Program can help reduce your stress. The Family Caregiver Support Program offers the following services:

- Caregiver Trainings
- Support Groups & Individual Counseling
- Access to Respite Services
- Assistance Finding Services
- Community Outreach/Information Services
- Supplemental Services



The Family Caregiver Support Program through NorthWest Senior & Disability Services provides services to unpaid relative caregivers residing in Clatsop, Marion, Polk, Tillamook and Yamhill Counties. This program, funded through the Older Americans Act, supports caregivers as they care for others.



**You do not have to do it all yourself! By receiving help, you give a gift to others.**

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## Available Services

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### Caregiver Trainings, Support Groups and Individual Counseling

Caregivers are provided information on trainings and support groups to enhance their role as caregivers. The Family Caregiver Support Program will also pay for six sessions of professional counseling that is related specifically to the care giving experience.

### Access to Respite Services

Caregivers may be eligible for short-term respite benefits. These benefits can be used either in-home or out of the home in settings such as day care centers. This service provides the caregiver with respite from care giving tasks.

### Assistance Finding Services

Our Family Caregiver Support Program Specialist supports caregivers by helping to connect them with community resources to support them in their care giving role.

### Supplemental Services

These services may be available on a limited basis to complement the care provided by the caregiver.

### Community Outreach/Information Services

A Family Caregiver Support Program Specialist is available to speak with social and community service groups about this national assistance program for family caregivers.