

What services are available through the Family Caregiver Support Program?

Caregiver and Relative Parent Trainings: Learn how to handle the stressors and day-to-day challenges of caregiving or parenting. Free respite care is available for caregivers and relative parents while attending trainings if requested.

Support Groups and Individual Counseling: Get support from others also providing care as you make decisions and solve problems related to caregiving or parenting. You may also meet with a licensed counselor for one-on-one counseling. Free respite care is available for caregivers or relative parents while attending support groups and counseling if requested.

Access to Respite Services: Respite care provides you with a short-term break from caregiving or parenting, letting you rest and feel less stressed. We can help you locate respite care to be provided in your home or in the community.

Assistance Finding Services: Our FCSP consultant will work with you to locate resources and services in your community.

Supplemental Services: These services vary depending on what you may need. Examples include minor home repair or modification, emergency response systems, medical supplies and home delivered meals. Examples also include tuition, sports, and after school activity fees for people caring for children.

Community Outreach/Information Services: FCSP reaches out to individuals, local groups, and businesses to educate and provide information on caregiver resources in our communities.

To learn more or enroll in the program call our office. If you live in Marion, Polk, or Yamhill counties call 503-304-3420 and in

Tillamook and Clatsop counties call 503-842-2770 and ask for the Family Caregiver Support Program