

POWERFUL TOOLS FOR CAREGIVERS

COMMUNITY RESOURCES

| **AGENCY/SERVICE** | **ASSISTANCE** | **CONTACT** |
| --- | --- | --- |
| AARP Montana | Advocacy, education, collaborative projects that matter to people 50+ | 866-295-7278  [www.aarp.org](http://www.aarp.org) |
| AARP Caregiving Resource Center | Information, tools and tips for caregivers | 877-333-5885  [www.aarp.org/home-family/caregiving](http://www.aarp.org/home-family/caregiving) |
| AARP Consumer Affairs | Consumer protection and education | 406-444-9405 |
| AARP Drivers Safety | Drivers course, reduces insurance premiums |  |
| Local: |  |  |
| Adult Protective Services/Elder Abuse | Physical or Mental harm | 800-332-2272  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Local/Regional: |  |  |
| Advocate for Assisted Living, Skilled Nursing | Long Term Care Ombudsman advocates on behalf of residents | State: Connie LaSalle 800-332-2272  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Local/Regional: |  |  |
| Aging Services Network (Montana) | Wide variety of senior based services for those 60 or older delivered by a network of 10 geographic areas of the state | 800-551-3191  [www.dphhs.mt.gov/sltc/services/aging](http://www.dphhs.mt.gov/sltc/services/aging) |
| Local: |  |  |
| Alcoholics Anonymous | Recovery programs | 1-877-589-4611 |
| Local**:** |  |  |
| Alzheimer’s  Alzheimers.gov | (National) Information & Referral  The government’s free information resource about Alzheimer’s and related dementias | 800-272-3900  [www.alz.org](http://www.alz.org)  [www.alzheimers.gov](http://www.alzheimers.gov) |
| Local: | Billings | 1-866-355-9433 |
| American Cancer Society | Support services | 800-227-2345 |
| Local: | Billings  Great Falls Sletten Cancer Institute | 406-256-7150  406-731-8200 |
| American Diabetes Association | Improve lives of those with diabetes, prevent and cure diabetes | 800-342-2383  [www.diabetes.org](http://www.diabetes.org) |
| Montana: (Bozeman) |  | 800-676-4065 |
| Local: |  |  |
| American Heart Association | Fosters cardiac care t reduce disability and death caused by cardiovascular disease and stroke | 800-242-8721  [www.heart.org](http://www.heart.org) |
| Local: |  |  |
| American Red Cross | Provides care during emergency, | 855-989-2258  [www.redcross.org](http://www.redcross.org) |
| Montana: |  | 800-272-6668 |
| Assisted Living/Licensed Personal Care  Assisted Living Federation of America | Senior care that provides services such as meals, medication management, bathing, dressing and transportation | 703-894-1805  [www.alfa.org](http://www.alfa.org) |
| Local: |  |  |
| Brain Injury Alliance of MT | Prevention, education, legislation, rehabilitation programs, support groups, | 800-241-6442  [www.biamt.org](http://www.biamt.org) |
| Brain Injury Association (National) | Prevention, research, treatment, and education related to brain injury | 703-761-0750  [www.biausa.org](http://www.biausa.org) |
| Local Support Group: |  |  |
| Citizen’s Advocate (aka Better Business Bureau) | Interactions with state executive branch agencies, handles complaints against state government | 800-332-2272  [www.citizensadvocate.mt.gov](http://www.citizensadvocate.mt.gov) |
| City/County Health Departments | Low cost public health care |  |
| Local: |  |  |
| Department of Health and Human Services, Montana | Adult Protective Services, Health Resources, Human & Community Services, Public Health and Safety, Senior & Long Term Care | [www.dphhs.mt.gov](http://www.dphhs.mt.gov)  Helena Office 406-444-5622 |
| Local: |  |  |
| Disability Rights Montana | Protect and advocate for the human, legal and civil rights of Montanans with disabilities | 800-245-4743 or  406-449-2344  [www.disabilityrightsmontana](http://www.disabilityrightsmontana) |
| Local: |  |  |
| Easter Seals Northern Rocky Mountain | Individuals and families with disabilities and special needs | 406-761-3680 Corporate Headquarters |
| Local: |  |  |
| End of Life Registry | Electronically stores advance directives in a secure data base and makes documents available to health care providers | <https://doj.mt.gov/consumer>  click on “End of Life Registry & Advance Health Care Directives |
| Family Caregiver Alliance, National Center on Caregiving | Works to advance the development of high-quality, cost-effective policies and programs for caregivers in every state. Subscribe to newsletter | 800-445-8106  [www.caregiver.org](http://www.caregiver.org) |
| Food Pantries  Montana Food Bank Network | Emergency food provisions | [www.feedingamerica.org](http://www.feedingamerica.org) food bank locator  406-721-3825  [www.mfbn.org](http://www.mfbn.org) |
| Local: |  |  |
| Food Stamp Assistance Montana DPHHS | Supplemental food and nutrition assistance to low income | 800-332-2272  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Local Office of Public Assistance: |  |  |
| Foster Grandparents | Volunteer Opportunities for 55 and older | 800-266-4188  [www.seniorcorpsmt.org](http://www.seniorcorpsmt.org) |
| Local: |  |  |
| Gambling National Helpline | Educate, prevention and treatment | 800-522-4700  [www.ncpgambling.org](http://www.ncpgambling.org) |
| Gamblers Anonymous |  | 626-960-3500  [www.gamblersanonymous.org](http://www.gamblersanonymous.org) |
| Local: |  |  |
| Generations United | Improving lives through intergenerational strategies, programs and public policies | 202-289-3979  [www.gu.org](http://www.gu.org) |
| Health Services (hospitals and clinics) |  |  |
| Local: |  |  |
| Home Health Care | Connecting families to trustworthy local support resources | 800-677-1116  [www.eldercare.gov](http://www.eldercare.gov) |
| Local: |  |  |
| Hospice (Montana) | Keeping patients comfortable and pain-free during last chapter of life | 855-490-8679  [www.care.com](http://www.care.com) |
| Local: |  |  |
| Independent Living | Senior living which provides supportive services such as meals, transportation, scheduled and recreational activities. | 855-444-7658  [www.brookdaleliving.com](http://www.brookdaleliving.com) |
| Local: |  |  |
| Legal Guide for Long Term Care Planning/Advance Directives | Contact the Montana Legal Services Developer in the Office on aging who provides law training and resources for seniors and family members | [www.dpphs.mt.gov](http://www.dpphs.mt.gov)  click on “L”  click on “Legal Services Developer” |
| Legal Services | Montana Legal Services Association  Direct service to low income people seeking assistance with legal issues | 800-666-6899  [www.montanalawhelp.org](http://www.montanalawhelp.org) |
| Local: |  |  |
| LIEAP (MT) DPHHS | Low income energy assistance | 800-332-2272  [www.benefits.gov](http://www.benefits.gov) |
| Local: |  |  |
| Lifeline | Technology to summons help in an emergency | 855-214-1363  [www.lifelinesys.com](http://www.lifelinesys.com) |
| Lifespan Respite Coalition, Montana  ARCH National Respite Network | A statewide coordinated system of easily accessible, quality and affordable respite care services for family caregivers  National Respite and Resource Center | 800-332-2272  [www.dphhs.mt.gov.lifespanrespite](http://www.dphhs.mt.gov.lifespanrespite)  [www.archrespite.org](http://www.archrespite.org) |
| Lion’s Club | Eye Glasses collect and distribute eyeglasses | 630-571-5466  [www.lionsclub.org](http://www.lionsclub.org) |
| Local: |  |  |
| Medic Alert | ID bracelets that connect you to an Emergency Medical Information Record | 888-633-4298  [www.medicalert.org](http://www.medicalert.org) |
| Medicare Information | Information on Medicare coverage, costs, supplements, claims, etc. | 800-633-4227  [www.medicare.gov](http://www.medicare.gov) |
| Mental Health, National Alliance on Mental Illness  Montana Affiliate  Mental Health America of Montana  Mental Health Services DPHHS  Mental Health Ombudsman | Building better lives for Americans with mental illness | [www.nami.org](http://www.nami.org)  406-443-7871  [www.namint.org](http://www.namint.org)  406-587-7774  [www.montanamentalhealth.org](http://www.montanamentalhealth.org)  406-444-3964  [www.dphhs.mt.gov](http://www.dphhs.mt.gov)  888-444-9669  [www.mhombudsman.mt.gov](http://www.mhombudsman.mt.gov) |
| Local: |  |  |
| Montana Board of Housing | Affordable housing for low income | 800-761-6264  [www.housing.mt.gov](http://www.housing.mt.gov) |
| Local: |  |  |
| Montana Dept of Commerce, Reverse Annuity Mortgage | Borrow equity in home, for low income seniors 68 or older | 800-761-6264  [www.housing.mt.gov](http://www.housing.mt.gov) |
| Montana Fair Housing Authority | Eliminate housing discrimination | 800-929-2611  [www.montanafairhousing.org](http://www.montanafairhousing.org) |
| Montana Healthcare Programs Help Line | Hotline number | 800-362-8312  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Health Services Help Line | Hotline number | 888-866-0328  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Home Health Hotline | Complaints hotline number | 800-762-4618  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Legal Services Association | Hotline number | 800-666-6899  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Health and Insurance Assistance Program (SHIP) | Health-benefits counseling and advocacy for Medicare beneficiaries and their families or caregivers | 800-551-3191  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Insurance Commissioner | Insurance and securities regulation and protection | 800-332-6148  [www.csi.mt.gov](http://www.csi.mt.gov) |
| Montana Long Term Care Ombudsman Program | Works on behalf of residents in long term care facilities and assisted living facilities | 800-551-3191  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| Montana Public Assistance Hotline | Administers several programs aimed at helping low-income Montanans move out of poverty and become self-sufficient | 855-415-5558  [www.dphhs.mt.gov](http://www.dphhs.mt.gov) |
| MSU Extension | Unbiased research-based education and information | [www.msuextension.org](http://www.msuextension.org)  Family &Home |
| Montech (assistive technology)  Teaching Kits located in Extension Offices in: Great Falls  Miles City  Ronan | Adaptive solutions for daily activities to help keep people in their homes | 406-243-5751  [www.montech.ruralinstitute.umt.edu](http://www.montech.ruralinstitute.umt.edu)  406-454-6980  406-874-8236  406-676-4271 |
| National Alliance for Caregiving | Non-profit coalition of national organizations focusing on issues of family caregiving | [www.caregiving.org](http://www.caregiving.org) |
| National Caregivers Library | Information on all topics – can sign up for electronic newsletters | [www.caregivers.library.org](http://www.caregivers.library.org) |
| National Center on Senior Transportation | Strives to increase transportation options for older adults | 866-528-6278  [www.ncst.madwolf.com](http://www.ncst.madwolf.com) |
| Next Step in Care | Provides easy-to-use guides to help family caregivers and health care providers work together | [www.nextstepincare.org](http://www.nextstepincare.org) |
| Local: |  |  |
| Skilled Nursing Home Care | Highest level of care for older adults outside of a hospital providing 24 hour custodial and medical care | 866-700-1545  [www.seniorhomes.com](http://www.seniorhomes.com) |
| Local: |  |  |
| RSVP | Volunteer Opportunities for people 55 and over, including utilizing volunteers to assist with daily tasks for adults who have difficulty | 202-606-5000  [www.nationalservice.gov](http://www.nationalservice.gov) |
| Local: |  |  |
| Senior Citizen Centers | Activities, educational programs and meals for seniors | [www.dphhs.mt.gov](http://www.dphhs.mt.gov)  click on “A”  click on “Aging Services”  Click on “Area Agencies on Aging”  Click on” Montana Senior Centers” |
| Local: |  |  |
| Social Security (National)  Montana | Information on all services | 800-772-1213  [www.ssa.gov](http://www.ssa.gov)  866-931-9029 |
| Local: |  |  |
| Support Groups  Alzheimer’s  Cancer  Parkinson’s |  |  |
| The Conversation Project | Website about the conversation on end of life issues | <http://theconversationproject.org> |
| Transportation |  |  |
| Local: |  |  |
| Veterans Affairs  Montana | Services for veterans | 800-827-1000  [www.va.gov](http://www.va.gov)  406-324-3740  [www.montanadma.org](http://www.montanadma.org) |
| Local: |  |  |