



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
AARP Caregiving Resource Center	Information, tools and tips for caregivers	877-333-5885 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
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
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
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 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
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
Local:		
American Red Cross	Provides care during emergency,	855-989-2258 www.redcross.org
Montana:		800-272-6668

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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
Local:		
Brain Injury Alliance of MT	Prevention, education, legislation, rehabilitation programs, support groups,	800-241-6442 www.biamt.org
Brain Injury Association (National)	Prevention, research, treatment, and education related to brain injury	703-761-0750 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
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 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
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
Food Pantries Montana Food Bank Network	Emergency food provisions	www.feedingamerica.org food bank locator 406-721-3825 www.mfbn.org
Local:		
Food Stamp Assistance Montana DPHHS	Supplemental food and nutrition assistance to low income	800-332-2272 www.dphhs.mt.gov
Local Office of Public Assistance:		
Foster Grandparents	Volunteer Opportunities for 55 and older	800-266-4188 www.seniorcorpsmt.org
Local:		
Gambling National Helpline	Educate, prevention and treatment	800-522-4700 www.ncpgambling.org

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Gamblers Anonymous		626-960-3500 www.gamblersanonymous.org
Local:		
Generations United	Improving lives through intergenerational strategies, programs and public policies	202-289-3979 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
Local:		
Hospice (Montana)	Keeping patients comfortable and pain-free during last chapter of life	855-490-8679 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
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.dphhs.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
Local:		
LIEAP (MT) DPHHS	Low income energy assistance	800-332-2272 www.benefits.gov
Local:		
Lifeline	Technology to summons help in an emergency	855-214-1363 www.lifelinesys.com
Lifespan Respite Coalition, Montana	A statewide coordinated system of easily accessible, quality and affordable respite care services for family caregivers	800-332-2272 www.dphhs.mt.gov.lifespanrespite
ARCH National Respite Network	National Respite and Resource Center	www.archrespite.org
Lion's Club	Eye Glasses collect and distribute eyeglasses	630-571-5466 www.lionsclub.org
Local:		
Medic Alert	ID bracelets that connect you to an Emergency Medical Information Record	888-633-4298 www.medicalert.org
Medicare Information	Information on Medicare coverage, costs, supplements, claims, etc.	800-633-4227 www.medicare.gov

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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 406-443-7871 www.namint.org 406-587-7774 www.montanamentalhealth.org 406-444-3964 www.dphhs.mt.gov 888-444-9669 www.mhombudsman.mt.gov
Local:		
Montana Board of Housing	Affordable housing for low income	800-761-6264 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
Montana Fair Housing Authority	Eliminate housing discrimination	800-929-2611 www.montanafairhousing.org
Montana Healthcare Programs Help Line	Hotline number	800-362-8312 www.dphhs.mt.gov
Montana Health Services Help Line	Hotline number	888-866-0328 www.dphhs.mt.gov
Montana Home Health Hotline	Complaints hotline number	800-762-4618 www.dphhs.mt.gov
Montana Legal Services Association	Hotline number	800-666-6899 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
Montana Insurance Commissioner	Insurance and securities regulation and protection	800-332-6148 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
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
MSU Extension	Unbiased research-based education and information	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 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

AGENCY/SERVICE	ASSISTANCE	CONTACT
National Caregivers Library	Information on all topics – can sign up for electronic newsletters	www.caregivers.library.org
National Center on Senior Transportation	Strives to increase transportation options for older adults	866-528-6278 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
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
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
Local:		
Senior Citizen Centers	Activities, educational programs and meals for seniors	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 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 406-324-3740 www.montanadma.org
Local:		