

Section 3

CAREGIVING

Caregivers are generally family members who find themselves thrust into the role of providing unpaid assistance in meeting the physical, psychological and/or social needs of a loved one. An estimated 21 million Americans provide care to a relative, friend or neighbor who is 50 or older. Currently, 66% of caregivers are female and 44% are male. The number of grandparents raising grandchildren in the U.S. is rapidly growing.

Grand Gateway Area Agency on Aging Serves:

Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties

Staci Pierce, Caregiver Project Director E-mail: caregiver@grandgateway.org
Mary Satterwhite, Respite Coordinator title5coordinator@grandgateway.org
Grand Gateway Area Agency on Aging 918-276-2501
333 South Oak 800-482-4594
P. O. Drawer B Fax: 918-783-5786
Big Cabin, OK 74332-0502 Senior Info-Line: 800-211-2116
Website: www.grandgateway.org

***The following services are provided through the Caregiver Support Program.
Please contact Staci Pierce or Mary Satterwhite for assistance.***

Respite

Respite services are available to support individuals who are caring for adults 60 + years of age, and grandparents who are 55+ caring for grandchildren under the age of 18. Respite can range from a few hours per week or more, depending on the needs and resources of the family and can take place in the family's home, the home of a friend or relative, a daycare center or even a church. Respite can be used for many things such as visiting a family or friends, running errands, spending an evening at the movies or taking a vacation.

Support Services

A caregiver support group can offer an atmosphere of understanding and support for caregivers to discuss issues and problems. Additional support and resources are provided with guest speakers, information about community resources, and help dealing with the stress and losses associated with caregiving.

Information and Assistance

Caregiver Presentations are available for medical personnel, caregiver groups, senior citizens centers and business employees. Also available are booths for health fairs and senior days.

Access to Services

Assistance in accessing the various services available in the community is also provided, such as, Legal Aide, homebound meals, Medicare Part D help and enrollment, Advantage Case Management and transportation.

Caregiver Services for Native Americans in Northeast Oklahoma

Caregiver services are also provided by the Native American Elders of NE Oklahoma for tribal members. The following is a list of the Caregiver Coordinators for each Tribe or Nation.

Cherokee Nation Elder Services(Ext. 5627) 918-453-5627
Crystal Thomas Fax: 918-458-6216
P.O. Box 948
Tahlequah, OK 74465

Eastern Shawnee Tribe Elder Services(Ext. 1205) 918-666-7993
Linda Hill Fax : 918-666-7997
10170 S. Bluejacket
Wyandotte, OK 74370

Miami Tribe Senior Services 918-541-2171
Laurie Shade, Director of Community Services Fax: 918-542-7260
2307 W. Newman Road Email: Lshade@miamination.com
P.O. Box 1326
Miami, OK 74355

Ottawa Tribe Elder Services 918-541-0785
Linda Plott Fax: 918-541-1904
P.O. Box 110
Miami, OK 74355

Quapaw Tribe Elder Services 918-674-2257
Rhonda Weaver Extension 310
903 Whitebird Street. Fax: 918-674-2251
P.O. Box 765
Quapaw, OK 74363

Seneca-Cayuga Tribe Elder Services 918-786-9133
Shawn Stovall 918-787-6800
23701 S. 655 Road Fax: 918-787-5405
Grove, OK 74344

Wyandotte Nation Elder Services 800-256-2539
Brenda House 918-678-2297
64700 E. Hwy 60 Fax: 918-678-2944
Wyandotte, OK 74370

Peoria Tribe of Indian Elder Services 918-541-1900
Donna Harp Fax: 918-541-1904
P.O. Box 1527
Miami, OK 74355

ADULT DAY SERVICES

Adult Day Programs are available for Caregivers to drop off their loved one during the day. The day, time and cost vary by program. Please call the number of the location you are interested in for more information.

Delaware County

DayBreak Adult Day Care Center..... 918-786-4113
Christie Hunter, Director
Cedar Oaks RV Park Community Room (Hwy 59 North)
P.O. Box 7121
Grove, OK 74344

Rogers County

Rogers County Adult Day Care 918-341-7588
Wanda Inman, Director
2223 N. Hwy 88 Fax: 918-341-4055
Claremore, OK 74017

Washington County

Day Break at Elder Care 918-336-8500
Mike Fogle, Director
1223 Swan Drive..... Fax: 918-766-0360
Bartlesville, OK 74006

BRIGHTER LIVING PROGRAM

Washington and Nowata County

Elder Care
Christina Bishop, In-Home Service Director (Ext. 174) 918-336-8500
1223 Swan Drive..... Fax: 918-336-3568
Bartlesville, OK 74006
Websites: www.abouteldercare.org Email: cbishop@abouteldercare.org

Elder Care's Brighter Living Program is a fee-based companion program for caregivers to be able to receive 2 to 24 hour assistance. Services include housekeeping, meal preparation, transportation, running errands, companionship and more. The program's services are to help families and individuals fill the gap in care and ensure loved ones are safe and secure.

SENIOR COMPANION PROGRAM

The Senior Companion Program engages persons 60 and older, particularly those with limited incomes, in volunteer service to meet critical community needs and provide a high quality experience that will enrich the lives of the volunteers. Senior Companions serve primarily homebound seniors in frail health, most of who live alone. The program helps senior citizens retain their dignity and independence in spite of failing health or disabilities.

Janae Hogan, Senior Companion Program Director for Craig, Ottawa and Rogers Counties

Craig County

Janae Hogan, Program Director E mail: JanaeH@health.ok.gov
Craig County Health Department
115 E. Delaware (Ext. 114) 918-256-7531
Vinita, OK 74301 Fax: 918-256-3823

Ottawa County

Ramie Tirres, Site Supervisor E mail: remedios@health.ok.gov
Ottawa County Health Department
1930 N. Elm (Ext. 210) 918-540-2481
Miami, OK 74354 Fax: 918-540-2486

Rogers County

Melodie Doyle, Site Supervisor E mail: melodie@health.ok.gov
Rogers County Health Department
2664 N. Highway 88 918-341-3166
Claremore, OK 74017 Fax: 918-341-3715

A DIFFERENT KIND OF CAREGIVER

Friends for Folks (Ext.2636) 405-527-5676
Nora Rogers
P.O. Box 260
Lexington, OK 73051-0260

The mission of the program is to provide the Senior Citizens of Oklahoma with a well trained and behaved companion. The dogs are spayed or neutered and all health needs are met before placement. These animals, upon completion of training, are placed with seniors for the purpose of companionship. A pet can increase the desire to live by helping cope with loneliness and the need to show affection. This is a non-profit organization giving long-term criminal offenders an opportunity to give back to the community, through working with and training the dogs.

Websites of Interest to Caregivers

National Family Caregivers Association 800-896-3650
10400 Connecticut Avenue, Suite 500 301-942-6430
Kensington, MD 20895-3944 Fax: 301-942-2302
Website: www.thefamilycaregiver.org Email: info@thefamilycaregiver.org

The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.

Alzheimer's Association 24 hour Help Line: 800-272-3900
Tulsa Area Headquarters 918-392-5000
2448E. 81st Street, Suite 3000
Tulsa, OK 74137
Website: www.alz.org E mail: okarsocial@alz.org

The Alzheimer's Association is a good resource for caregivers who are caring for someone with dementia. They also have a telephone support group available for those who have difficulty getting out.

Bringing Eldercare Home, LLC 484-844-4173
52 Holden Street Fax: 508-852-8732
Worcester, MA 01605
Website: www.bringingeldercarehome.com Email: jpmarosy@bringingeldercarehome.com

John Paul Marosy founded this organization with the focus of helping working caregivers. Their motto is "creating more caring, more productive work places." His latest book, Elder Care: Six Step Guide to Balancing Work and Family, is an excellent guide for working caregivers.

AARP 888-687-2277
601 E Street, NW
Washington, DC 20049 www.aarp.org

AARP is a good resource for seniors, caregivers and grandparents.