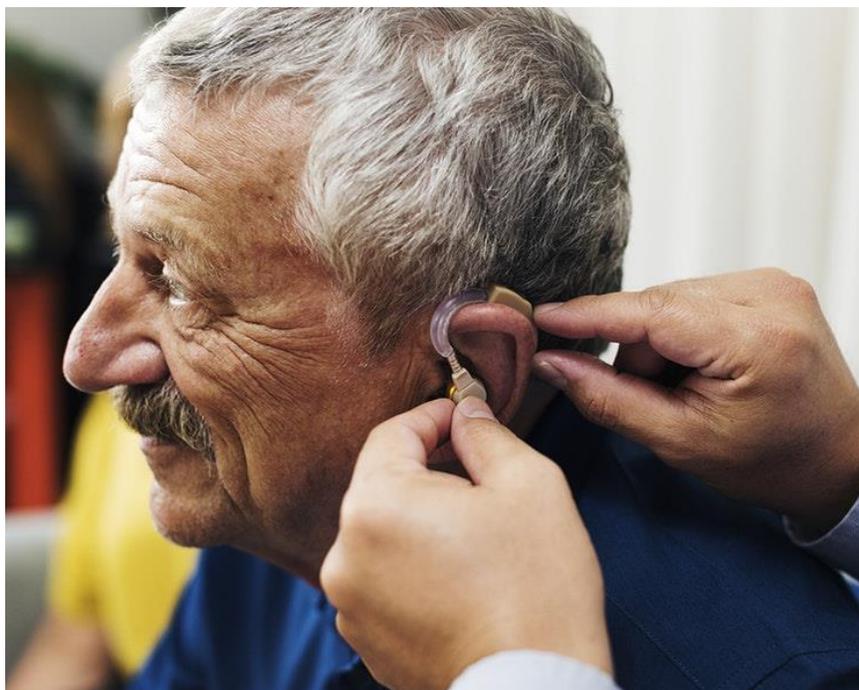


# Allegheny County



## Family Caregiver Resource Guide

*Do you have all the information you need to care for a loved one at home?*

Caring for a parent, spouse or friend can be a deeply rewarding experience. It can also be demanding, frustrating, and overwhelming.

This guide is designed to provide valuable information to individuals caring for frail older adults and individuals with disabilities. The guide supports caregivers in finding ways to meet their own physical, emotional, financial and intellectual needs. The goal is for caregivers to thrive during the caregiving journey.



Resources

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Respite

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Support Groups

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Education

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Working Caregivers

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Caregiver  
Books

IN COOPERATION WITH  
ALLEGHENY COUNTY  
DEPARTMENT OF HUMAN  
SERVICES / AREA AGENCY  
ON AGING



COUNTY OF



ALLEGHENY

Dear Caregiver,

We are pleased to offer you the ***Allegheny County Family Caregiver Resource Guide***. This booklet was produced in cooperation with The Allegheny County Department of Human Services / Area Agency on Aging. It is designed to provide you, the caregiver, with resources for caring for yourself and a loved one safely at home.

The guide is set up in easy to access sections on important areas such as support groups, educational opportunities, websites, community programs, caregiver books, self-care, and of course, respite.

Additional information and resources can be found by calling the Allegheny County Area Agency on Aging SeniorLine at 412-350-5460 or toll free at 800-344-4319. Caregiver support information is also available online at:

[www.alleghenycounty.us/dhs/caregiversupport.aspx](http://www.alleghenycounty.us/dhs/caregiversupport.aspx).

We hope you find this tool helpful in your caregiving journey.

*-The Caregiver Resource Committee*

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Allegheny County Department of Human Services / Area Agency on Aging  
2100 Wharton Street, 2<sup>nd</sup> Floor , Pgh, PA 15203  
Phone 412-350-5460

## CAREGIVING BOOKS



This **symbol** means the book is available to check out from an **Allegheny County Library**



### ***The Alzheimer's Medical Advisor: A Caregiver's Guide***

(2017) Philip Sloane, MD, MPH

Signs and Symptoms of Alzheimer's and tips on dealing with other medical conditions.

ISBN-13: 9781934716663



### ***A Bittersweet Season: Caring for Our Aging Parents-and Ourselves***

(2012) Jane Gross

The author shares her journey as caregiver to her mother.

ISBN-10: 030747240X

ISBN-13: 978-0307472403

### ***Caregiver Defined: Words that Honor the work of the caregiver***

(2017) Michael Fortuna

Honoring the work of the caregivers, this book offers tribute through key words and images.

ISBN: 978-0-9988376-0-4



### ***The Caregiver's Guide to Self-Care***

(2010) Jane Meier Hamilton

Activities to help caring for a loved one at home with a strong emphasis on self-care.

ISBN-10: 0741458020

ISBN-13: 978-0741458025

### ***The Caregivers Financial Survival Guide: Navigating Through the Financial System*** (2017) Carolyn Brent

Gives families ways to work together to deal with financial burden.

ISBN-10: 1545498326

ISBN-13: 978-1545498323

### ***A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick***

(2012) Kay Marshall Strom

Stories and financial advice beneficial for caregivers caring for an elderly person.

ISBN-10: 0830822305

ISBN-13: 978-0830822300

### ***A Cast of Caregivers: Celebrity Stories to Help You Prepare to Care***

(2012) Sherri Snelling

The author interviews celebrities who have been family caregivers and provides advices on stress, guilt, support resources, conversation techniques, and self-care.

ISBN-10: 1452559139

ISBN-13: 978-1452559131



### ***Chicken Soup for the Soul: Family Caregivers: 101 Stories of Love, Sacrifice and Bonding***

(2012) Joan Lunden & Amy Newmark

Stories by caregivers that provide encouragement, inspiration and advice for caregivers.

ISBN-10: 1935096834

ISBN-13: 978-1935096832

### ***Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved***

(2012) Dr. Alan D. Wolfelt, Ph.D.,

Making self-care a priority can make a caregiver more effective.  
ISBN: 978-1617221668



***The Conscious Caregiver A Mindful Approach to Caring for Your Loved One Without Losing Yourself***

(2017) Linda Abbit

Emotional guide to self-care while caring for an aging parent.

ISBN: 9781440597732

ISBN: 1440597731



***The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders***

(2016) Marc E. Agronin

The author guides readers on the changing roles of being a caregiver to someone with Alzheimer's by gaining resources to care for oneself and their loved one.

ISBN-10: 1442231912

ISBN-13: 978-1442231917



***Dementia with Lewy bodies and Parkinson's disease dementia: patient, family, and clinician working together for better outcomes***

(2014) Eric Ashlskog

The author, a clinician and researcher on Parkinson's disease and Dementia with Lewy Bodies, gives readers information on treating these complicated conditions.

ISBN-10: 0199977569

ISBN-13: 978-0199977567

ISBN-13: 978-1585424627



***The Essential Guide to Caring for Aging Parents***

(2012) Linda Rhodes

A practical and comprehensive guide for caregiver information.

ISBN-10: 1615641912

ISBN-13: 978-1615641918

***Family Caregiving Across the Lifespan***

(2012) Eva Kahana & May L. Wykle

Examines multigenerational caregiving families and the roles each has in caring for a chronically ill loved one at home.

ISBN-10: 0803944314

ISBN-13: 978-0803944312

***A Guide for Caregiving: What's Next? Planning for Safety, Quality, and Compassionate Care for Your Loved One and Yourself***

(2017) Tina M. Marrelli

A Comprehensive Guide to Caregiving at Home. American Journal of Nursing: 2017 Book of the Year.

***Holding the Net: Caring for My Mother on the Tightrope of Aging***

(2017) Melanie P. Merriman

Winner of Best Caregiving Book of 2017 by Caregiving.com.

ISBN: 9780999076613

***Ice Cream in the Cupboard: A True Story of Early Onset Alzheimer's***

(2017) Pat Moffett

A story of how a husband took care of his wife who had Alzheimer's disease.

ISBN-10: 0974227862  
ISBN-13: 978-0974227863



***Inside the Dementia Epidemic: A Daughter's Memoir***

(2012) Martha Stettinius

The author advocates for better dementia care, more funding for research, and greater supports for caregivers.

ISBN-10: 0984932607

ISBN-13: 978-0984932603

***Living with Dying: A Complete Guide for Caregiver***

(2017) Katie Orlip, and Jahna Beecham

Practical guide with easy to follow tips for managing symptoms and having tough conversations.

ISBN 978-0-9973300-2-1- (eBook)

ISBN 978-0-9973399-1-4



***Making Toast: A Family Story***

(2011) Roger Rosenblatt

The author addresses grief and loss of his child while becoming a parent to his three young grandchildren.

ISBN-10: 0061825956

ISBN-13: 978-0061825958

***Mamma Peaches and Me: Wit and Wisdom for Worn-Out Caregiver***

(2018) Christopher Charles Chaney

Critical survival tips every family care provider must know with a big dose of humor to guide you.

ISBN-13: 9780997709889



***Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family*** (2016)

Barry J. Jacobs & Julia L. Mayer

Meditations for common caregiving challenges.

ISBN-10: 0738219029

ISBN-13: 978-0738219028

***Murky Water: A Caregiver's Guide to Dealing with Dementia***

(2017) Lori Trotter

A guide for caregiver's taking care of a loved one with Alzheimer's disease.

ASIN: B071VSV59H

***My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver***

(2017) Martin J. Schreiber, Cathy Breitenbucher

Former governor describes the journal as his wife transfers through the progression of the Alzheimer's disease.

ISBN-13: 9781945271885

***Normal Doesn't Live Here Anymore: An Inspiring Story of Hope for Caregivers***

(2011) Barb Owen & Race Owen

Stresses the importance of self-care when in the role of family caregiver.

ISBN-10: 1456474294/ ISBN-13: 978-1456474294



***Passages in Caregiving: Turning Chaos into Confidence***

(2011) Gail Sheehy

The author describes the emotional burden of caring for her husband, who died of cancer, and insight into navigating the health care system.

ISBN-10: 0061661201

***Put Your Mask on First: The Caregiver's Guide to Self-Care***

(2016) Dr. Gary Bradt & Scott Silknitter

Clinicians advocate to improve the quality of life for the family caregiver.

ISBN-10: 194328590X

ISBN-13: 978-1943285907

***The Sandwich Generation: Caring for Oneself and Others at Home and at Work*** (2017) Ronald J. Burke and Lisa M. Calvano

Information about balancing competing roles.

ISBN-10: 1785364952

ISBN-13: 978-1785364952



***Still Alice: A Novel***

(2014) Lisa Genova

A novel made into a movie, of a 50-year old Harvard linguistics professor who is diagnosed with early onset Alzheimer's disease.

ISBN-10: 1501106422 / ISBN-13: 978-1501106422



***The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Other Dementias, and Memory Loss in Later Life***

(2017) Nancy L. Mace & Peter V. Rabins

Information on emotional issues, finances, daily dementia care, and nursing homes or other residential options.

ISBN-10: 1421422239

ISBN-13: 978-1421422237



***The Spectrum of Hope: An Optimistic and New Approach to Alzheimer's Disease and other Dementias***

(2017) Gayatri Devi MD

A neurologist who has been specializing in dementia for 20 years redefines Alzheimer's as a spectrum disorder which impacts people differently.

ISBN: 9780761193098

ISBN: 076119309X



***While They're Still Here: A Memoir***

(2017) Patricia Willaims

A story of a caregiver who overcomes long-buried family issues and resistance to her help.

ISBN: 978-1-63152-240-6

E-ISBN: 978-1-63152-1241-3

***Who Says Men Don't Care***

(2011) James Gambone PhD & Rhonda Travland MS

A manual, specifically written for male caregivers that includes resources and types of illnesses and diseases.

ISBN-10: 1460906888

ISBN-13: 978-1460906880

## EDUCATION PROGRAMS

**Aging Mastery Program** [jccpgh.org/app/uploads/2015/04/aging-mastery-program-poster.pdf](http://jccpgh.org/app/uploads/2015/04/aging-mastery-program-poster.pdf)

The Jewish Community Center of Pittsburgh offers a 12 week course for caregiver 412-339-5415.

**Powerful Tools for Caregivers** [www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx](http://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx)

Six-week class where caregivers gain numerous tools and resources for self-care, managing emotions, self-efficacy and use of community resources. Registration required. 412-350-5051

### ***2020 Powerful Tools For Caregivers Schedule***

**Carnegie Library of Pittsburgh-Carrick**

ADDRESS: 1811 Brownsville Rd. Pittsburgh, PA 15210

TIMES: 12:30 PM to 2:30 PM

DATES: Fridays-March 20, 27 and April 3, 10, 17, 24

**Riverview Community Action Corp**

ADDRESS: 501 2<sup>nd</sup> St. Oakmont, PA 15139

TIMES: 12:30 PM-2:30 PM

DATES: Friday's-May 1, 8, 15, 29 and June 5, 12

**Turtle Creek Senior Center/Eastern Area Adult Services**

ADDRESS: 519 Penn Avenue. Turtle Creek, PA 15145

TIMES: 12:30 PM-2:30 PM

DATES: Friday's-July 10, 17, 24, 31 and August 7, 14

**Plum Senior Center**

ADDRESS: 499 Center New Texas Rd. Plum, PA 15239

TIMES: 12:30 PM-2:30 PM

DATES: August 21, 28 and September 4, 11, 18, 25

**RSVP required to 412-350-5051 or [jacqueline.musgrove@alleghenycounty.us](mailto:jacqueline.musgrove@alleghenycounty.us)**

**Building Better Caregivers™** Online Workshop provides information and support. It's a free six-week online workshop for family caregivers of Veterans. You can locate your Caregiver Support Coordinator by visiting [www.caregiver.va.gov/](http://www.caregiver.va.gov/) and entering your ZIP code in the ZIP code finder from the U.S. Department of Veteran Affairs. For caregivers of non-veterans, contact Age Well Pgh to register at: 412-422-0400

***Caregiver First Initiative***

(**FamilyLinks**) 412-694-6146 [caregiverblog.familylinks.org/](http://caregiverblog.familylinks.org/)

Training and support program for family caregivers and agencies. Assists with resources and tools to balance life with the demands of caregiving. Training topics: Balancing Work with Caregiving, Understanding Dementia, Stress Management, Supporting Caregivers in Workforce; Caregiving 101.

***INSPIRE: Inspiring New Solutions and Providing Individualized Resources and Education***

UPMC Senior Services 866-430-8742

[www.upmc.com/Services/AgingInstitute/education-and-training/for-caregivers](http://www.upmc.com/Services/AgingInstitute/education-and-training/for-caregivers)

***Mental Health First Aid for Older Adults*** [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

This eight-hour certification course teaches the caregiver to identify the signs of a mental health disorders and gain skills in responding to a crisis. Check online to find a class offered near you.

***Training Videos***

**Advanced Directives: Planning Ahead** April 2013, 50:52 Dr. Neil Wenger, UCLA Health

[www.youtube.com/watch?v=aMm58Ea5XLk&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXd&index=26](http://www.youtube.com/watch?v=aMm58Ea5XLk&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXd&index=26)

**Assessing Caregiver Burden** March 2016, 26:31

Gayle Alston, Rosalynn Carter Institute [www.youtube.com/watch?v=\\_93ysYLOuCo](http://www.youtube.com/watch?v=_93ysYLOuCo)



## VETERANS



**Allegheny County Department of Veteran Services**  
412-621-4357

4141 Fifth Avenue, Oakland, PA 15213  
[www.alleghenycounty.us/veterans/index.aspx](http://www.alleghenycounty.us/veterans/index.aspx)  
Representatives are available to help Veterans and their families file claims for benefits.

### **Choose Home Program**

Friendly home visits for older veteran adults helps combat loneliness and isolation  
412-350-4061

### **Hidden Heroes**

[www.Hiddenheroes.org](http://www.Hiddenheroes.org)  
412-481-8200 x. 259

### **PA Serves: Greater Pgh**

[pittsburgh.americaserves.org/veteran-services/](http://pittsburgh.americaserves.org/veteran-services/)  
Lists of providers for veterans and their families which include lists of legal providers for vets

### **VA Pittsburgh Healthcare System**

1010 Delafield Road, Pgh, PA 15215  
Main # 866-482-7488  
Respite at Adult Day care available

### **VA Pittsburgh**

Caregiver Support Coordinator 412-822-2364  
Veteran's Crisis Line  
1-800-273-8255, press1  
[WWW.hiddenheroes.org](http://WWW.hiddenheroes.org)

### **VA Pittsburgh (Oakland)**

412-822-2222  
4100 Aliquippa Street, Pgh, PA 15213

### **VA Pittsburgh Healthcare System**

Caregiver Services /Support Groups  
855-260-3274  
VA National Caregiver Support Line  
1-855-260-3274  
[www.Pgh.va.gov](http://www.Pgh.va.gov)

**Safe at Home: A Caregiver's Guide** November 2013, 18:38

[www.youtube.com/watch?v=uSUNMbQz59g](http://www.youtube.com/watch?v=uSUNMbQz59g)

**Down Syndrome and Alzheimer's disease training for Caregivers** August 2015, 35:20.

Megan Saunders, RN, University of Vermont  
[www.youtube.com/watch?v=YaundCCFJ7A](http://www.youtube.com/watch?v=YaundCCFJ7A)

**Helping Someone Up after a Fall** Sept. 2010, 2:08

Foundation for PSP/CBD & other Brain Disorders  
[www.youtube.com/watch?v=10jR0zjl19Y](http://www.youtube.com/watch?v=10jR0zjl19Y)

### **Professional Caregiver Videos**

**Helping Seniors with Loss of Independence** December 2015, 59:28

[www.youtube.com/watch?v=MixmOWDO1w](http://www.youtube.com/watch?v=MixmOWDO1w)

**Home Safety for Seniors** May 2016, 57:58

[www.youtube.com/watch?v=neCA9GDwiY](http://www.youtube.com/watch?v=neCA9GDwiY)

**Seniors and Driving** June 2016, 58:34

[www.youtube.com/watch?v=uL2gkF2lpoo](http://www.youtube.com/watch?v=uL2gkF2lpoo)

**Solving Communication Issues Within Families** January 2016, 58:21

[www.youtube.com/watch?v=6p94QreV8jE](http://www.youtube.com/watch?v=6p94QreV8jE)

**Senior Nutrition and Mealtime** February 2016, 57:25

[www.youtube.com/watch?v=7ZvA58904](http://www.youtube.com/watch?v=7ZvA58904)

**Seniors and Medication Management** April 2016, 58:19

[www.youtube.com/watch?v=Aqkg89IuaHQ](http://www.youtube.com/watch?v=Aqkg89IuaHQ)

**Understanding the Emotional Aspects of Caregiving**

November 2015, 58:37

[www.youtube.com/watch?v=0WhKbXMsp24](http://www.youtube.com/watch?v=0WhKbXMsp24)  
**Family Caregiver Alliance's Videos Series**

1: **Transfer Skills**, October 2011, 6:19

[www.youtube.com/watch?v=oB0uPouIcXo](http://www.youtube.com/watch?v=oB0uPouIcXo)

2: **Nutrition**, 6:53

[www.youtube.com/watch?v=hrNpX913KkE](http://www.youtube.com/watch?v=hrNpX913KkE)

3: **Dental Care**, 6:42

[www.youtube.com/watch?v=xFG1jtf6Zdg](http://www.youtube.com/watch?v=xFG1jtf6Zdg)

4: **Bathing & Dressing**, 6:29

[www.youtube.com/watch?v=lvQtjY3-bcE](http://www.youtube.com/watch?v=lvQtjY3-bcE)

5: **Toileting & Incontinence**, 4:44

[www.youtube.com/watch?v=4DvYE12CM0c](http://www.youtube.com/watch?v=4DvYE12CM0c)

6: **Behavioral Issues**, 7:18

[www.youtube.com/watch?v=VDOjxKxNKsI](http://www.youtube.com/watch?v=VDOjxKxNKsI)

7: **Self-Care**, 5:39 [www.youtube.com/watch?v=zi\\_gYDUfOKI](http://www.youtube.com/watch?v=zi_gYDUfOKI)

### *Home Instead Caregiving Training Series*

**Caregiver Stress**, January 2011 (1 of 6), 4:05

[www.youtube.com/watch?v=Duc92Lk1BGk&list=PLCBC6F413CFB55A6C](http://www.youtube.com/watch?v=Duc92Lk1BGk&list=PLCBC6F413CFB55A6C)

**Facing the Challenges of Being a Family Caregiver: Caregiver Stress** (2 of 6),

[www.youtube.com/watch?v=OCheUpLqNKY&list=PLCBC6F413CFB55A6C&index=2](http://www.youtube.com/watch?v=OCheUpLqNKY&list=PLCBC6F413CFB55A6C&index=2)

**Signs of Stress: Caregiver Stress** (3 of 6)

[www.youtube.com/watch?v=hETCm99GZ-o&index=3&list=PLCBC6F413CFB55A6C](http://www.youtube.com/watch?v=hETCm99GZ-o&index=3&list=PLCBC6F413CFB55A6C)

**Caregiver Depression: Caregiver Stress** (4 of 6)

[www.youtube.com/watch?v=vBGOQPTyEKg&index=4&list=PLCBC6F413CFB55A6C](http://www.youtube.com/watch?v=vBGOQPTyEKg&index=4&list=PLCBC6F413CFB55A6C)

**Dealing with Alzheimer's: Caregiver Stress** (5 of 6)

[www.youtube.com/watch?v=wTsykHR5A\\_4&list=PLCBC6F413CFB55A6C&index=5](http://www.youtube.com/watch?v=wTsykHR5A_4&list=PLCBC6F413CFB55A6C&index=5)

**De-stress from Caregiving: Caregiver Stress** (6 of 6)

[www.youtube.com/watch?v=TtxI0hUfurf&index=6&list=PLCBC6F413CFB55A6C](http://www.youtube.com/watch?v=TtxI0hUfurf&index=6&list=PLCBC6F413CFB55A6C)

### *UCLA Alzheimer's and Dementia Care Program Caregiver Trainings*

1: **Introduction**, April 2015, 2:32

[www.youtube.com/watch?v=IORX9sm\\_JOM&index=2&t=0s&list=PLw0lBK4PlwF7Umx\\_D0qH7IVikbXE9KF8](http://www.youtube.com/watch?v=IORX9sm_JOM&index=2&t=0s&list=PLw0lBK4PlwF7Umx_D0qH7IVikbXE9KF8)

2: **Hallucinations**, 4:03 [www.youtube.com/watch?v=cpV57QGdU7I](http://www.youtube.com/watch?v=cpV57QGdU7I)

3: **Refusal to Bathe**, 4:28 [www.youtube.com/watch?v=sl3Dc1kERto](http://www.youtube.com/watch?v=sl3Dc1kERto)

4: **Refusal to Take Medication**, 4:03 [www.youtube.com/watch?v=-rB5-AkqpiQ](http://www.youtube.com/watch?v=-rB5-AkqpiQ)

5: **Repetitive Behaviors**, 3:45 [www.youtube.com/watch?v=PQ7VcyEgVzw](http://www.youtube.com/watch?v=PQ7VcyEgVzw)

6: **Repetitive Questions**, 3:56 [www.youtube.com/watch?v=hke8ek\\_aHkE](http://www.youtube.com/watch?v=hke8ek_aHkE)

7: **Sundowning**, 3:39 [www.youtube.com/watch?v=kskiEKghjAE](http://www.youtube.com/watch?v=kskiEKghjAE)

8: **Wandering**, 4:05

[www.youtube.com/watch?v=SwOyEB508ml&index=7&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD](http://www.youtube.com/watch?v=SwOyEB508ml&index=7&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD)

## **GRANDPARENTS RAISING CHILDREN**

### **Allegheny County Grandparent Support Program**

412-350-5460 **Call for questions and to enroll.**

Reimbursement program for grandparents raising children when parents are unable. Assistance with childcare, respite, school supplies, extracurricular activities, legal and financial planning, mental health counseling, seasonal clothes, etc. [www.alleghenycounty.us/dhs/caregiversupport.aspx](http://www.alleghenycounty.us/dhs/caregiversupport.aspx)

### **Alliance for Community Respite Care (ACRC)**

412-683-7100

1400 South Braddock Avenue, Pgh, PA 15218

Assists families with locating appropriate respite care solutions and offers grants for respite care.

[www.classcommunity.org/how-we-help/respite-care-providers](http://www.classcommunity.org/how-we-help/respite-care-providers)

### **Big Brothers Big Sisters of Greater Pgh**

5989 Centre Avenue, Pgh, PA 15206

412-363-6100 [www.bbbspgh.org](http://www.bbbspgh.org)

### **A Caring Place**

888-224-4673

620 Stanwix Street, Pgh, PA 15222

Support group for children grieving loss of parent

**Pennsylvania KinConnector**

1-866-KIN-2111 (1-866-546-2111)  
KINCONNECTOR.ORG

**Every Child, Inc.**

1425 Forbes Avenue, 3<sup>rd</sup> Floor, Pgh, PA 15219  
412-665-0600 [www.everychildinc.org](http://www.everychildinc.org)

**Foster the Love**

Free donation center for kids in foster care  
412-212-3283  
[www.fosterloveproject.org](http://www.fosterloveproject.org)

**Allegheny County Assistance Office**

412-565-2146/800-692-7462  
Piatt Place, 301 5th Avenue, Suite 470,  
Pgh, PA 15222  
Apply for benefits like Temporary Assistance for Needy Families, healthcare, childcare, etc.  
[www.compass.state.pa.us/](http://www.compass.state.pa.us/)

**AARP Grandparents Raising Grandchildren**

[www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html](http://www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html)

**Allegheny County Head Start Program**

412-394-4594/866-214-5437  
Allegheny Intermediate Unit, 475 East Waterfront Drive, Homestead, PA 15120  
[www.aiu3.net/page/1](http://www.aiu3.net/page/1)  
[paheadstart.org/county/allegheny/](http://paheadstart.org/county/allegheny/)

**Grandparents of Children with Autism Support Group** 412-781-4116

Mt. Lebanon Municipal Building,  
710 Washington Road,  
Mt. Lebanon, PA 15228

**A Second Chance** 412-342-0600

8350 Frankstown Road, Pgh, PA 15221  
[www.asecondchance-kinship.com](http://www.asecondchance-kinship.com)

**Grandparents Raising Grandchildren Support Groups** 412-422-8020 Georgine Scarpino

Corpus Christi Rectory, 2515 Versailles Ave, McKeesport, PA 15132  
(412) 221-5213 Holy Child Rectory, 212 Station Street, Bridgeville, PA 15017

**YWCA- Child Care Information Services**

412-261-2273/800-392-3131  
305 Wood Street, Pgh, PA 15222  
[www.ywcapgh.org/programs/child-care-information-services](http://www.ywcapgh.org/programs/child-care-information-services)  
Provides childcare information and subsidized childcare for eligible families

**Boys and Girls Clubs of Western Pennsylvania** (main # 412-782-5710) [www.bgcwpa.org](http://www.bgcwpa.org)

- Lawrenceville: 4600 Butler Street, Pgh, PA 15201, 412-682-4013
- Carnegie: 630 Washington Ave. Carnegie, PA 15106, 412-276-3151
- Duquesne-West Mifflin: 29 North 3rd Street, Duquesne PA 15110, 412-466-8262

- McKeesport: 901 Ravine Street, McKeesport, PA 15132, 412-678-7070
- Northern Area: 100 Howard Street, Pgh PA 15209, 412-821-5779
- Shadyside: 6 Brownell Place, Pgh PA 15232, 412-681-8575
- McKees Rocks: Willow & Deweyville Road, McKees Rocks, PA 15136, 412-771-0428
- Wilksburg: 807 Wallace Ave. Pgh, PA 15221, 412-243-7711

### *Grandparent Support Groups*

#### ***Holy Child Parish***

412-422-8020  
212 Station Street, Bridgeville, PA 15017

#### ***A Second Chance***

412-342-0600  
8350 Frankstown Road, Pgh, PA 15221

Are you a grandparent raising children in Allegheny County?  
*Support is available.*

 **Call the SeniorLine at (412) 350-5460 for more information.**  
CSP is a program administered by Allegheny County Department of Human Services, Area Agency on Aging.

### ***HELPLINES/PROGRAMS***

#### ***Allegheny Co. Caregiver Support Program***

412-350-5460 **Call to enroll.**

Reimbursement for unpaid caregivers who provides routine care to a loved one at home. Program offers respite, education, care management, and reimbursement to caregivers of functionally impaired loved one age 60+, caregivers of adults with disabilities, or grandparents raising children.

[alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx](http://alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx)

#### ***AARP Caregiver's Call Center***

1-877-333-5885

#### ***Age Well Pgh***

412-422-0400 1-877-243-1530

[www.agewellpgh.org](http://www.agewellpgh.org)

#### ***UPMC Senior Services***

Help and Referral Line:1-866-430-8742

***Allegheny Link for senior and disability services*** 1-866-730-2368

[www.alleghenylink.com](http://www.alleghenylink.com)

#### ***Caregiver HQ (Highmark)***

412-888-3331 / 1-844-321-2447

Offers resources, guidance, and encouragement

**Caregiver Solutions** 412-781-5002  
[www.buildingindependence.org/caregiversolutions](http://www.buildingindependence.org/caregiversolutions)

**Hugh Lane Wellness Foundation**  
412-973-5053  
hughlane.org  
Supporting the foundation of the LGBTQ+ and HIV Communities in Western Pennsylvania

**Checkmates**  
Weekly confidential call to provide friendship, reassurance and a check in.  
412-854-9120

**Easter Seals** 412-281-7244  
[www.easterseals.com/explore-resources/for-caregivers/](http://www.easterseals.com/explore-resources/for-caregivers/)

**United Way of Pennsylvania 211**  
Dial 2-1-1 or 412-255-1155 [www.uwp.org](http://www.uwp.org)

**Hope Grows for Caregiver Support**  
412-369-4673  
Education, support groups, phone support, and respite for caregivers.  
[www.hopegrows.net](http://www.hopegrows.net)

**HelpGuide.org**  
Tips for finding balance and avoiding caregiver burnout  
[www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm](http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm)

**Mayo Clinic - Caregiver Stress: Tips for Taking Care of Yourself**  
[www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784](http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784)

**Family Caregiver Alliance** 800-445-8106  
Taking Care of You: Self-care for caregivers  
[www.caregiver.org/taking-care-you-self-care-family-caregivers](http://www.caregiver.org/taking-care-you-self-care-family-caregivers)

**National Family Training Program-** Module 1 Caregiver: Self Care  
[www.caregiver.va.gov/pdfs/Caregiver Workbook V3 Module 1.pdf](http://www.caregiver.va.gov/pdfs/Caregiver%20Workbook%20V3%20Module%201.pdf)

**National Alliance for Mental Illness helpline**  
**888-264-7972**  
For help in a crisis text **NAMI** to 741741  
[www.namikeystonePA.org](http://www.namikeystonePA.org)

**SeniorLine** 412-350-5460 / 1-800-344-4319  
[Seniorline@Alleghenycounty.us](mailto:Seniorline@Alleghenycounty.us)  
TTY/TDD 412-350-2727

**Ombudsman Program** 412-350-5791 Advocates for older adults living in nursing facilities, personal care homes and the community.

**Older Adult Protective Services** 412-350-6905  
Takes reports of abuse, neglect or financial exploitation of older adults.

**Highmark PALS (People Able to Lend Support)** 1-800-988-0706

Volunteers provide non-medical assistance to help maintain their independence.

[www.highmarkblueshield.com/pdf\\_file/ger\\_binder/palsinsert.pdf](http://www.highmarkblueshield.com/pdf_file/ger_binder/palsinsert.pdf)

**Re: solve Crisis Network**

1-888-796-8226

[www.upmc.com/Services/behavioral-health/resolve-crisis-services](http://www.upmc.com/Services/behavioral-health/resolve-crisis-services)

**Peer Support & Advocacy Network (PSAN)**

412-227-0402

960 Penn Avenue, Suite 1100, Pgh, PA 15222

[www.peer-support.org](http://www.peer-support.org)

Warmline for emotional support

1-866-661-WARM (9276)

Warm and Friendly Call Program

412-894-2364

**Persad Center** 1-888-873-7723

5301 Butler Street, Suite 100, Pgh, PA 15201. Services to the LGBTQ community, people with HIV, and their caregivers.

**The National Caregiver Support Line**

1-855-260-3274

Resource and referral center to assist in finding caregiver information

[www.va.gov/opa/pressrel/pressrelease.cfm?id=2047](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2047)

**In Service of Seniors**

412-345-7420

6401 Penn Avenue, 2<sup>nd</sup> Floor, Pgh, PA 15206

[www.olderadults.fswp.org](http://www.olderadults.fswp.org)

Volunteers assist frail adults age 60+ with services like grocery shopping, running errands, safety checks, and rides to medical appointments

## LEGAL AND FINANCIAL

**Achieva Family Trust**

412-995-5000/888-272-7229

711 Bingham St, Pgh, PA 15203

[www.achieva.info/achieva-family-trust](http://www.achieva.info/achieva-family-trust)

Provides services to help families and individuals with disabilities plan for their future.

**Aging Care** [www.agingcare.com](http://www.agingcare.com)

Financial planning tips for caregivers

**APPRISE**

412-661-1438

6401 Penn Avenue, Pgh, PA 15206

[olderadults.fswp.org/apprise-services](http://olderadults.fswp.org/apprise-services)

APPRISE counselors provide Medicare counseling either face to face or over the phone.

***Bayer Center for Nonprofit management, LAWLinks***

412-397-4000/412-397-4057

6001 University Blvd., Moon Township, PA 15108

Elder law, business, estate planning and healthcare

***Caregiver.com***

[www.caregivers.com/blog/2014/07/6-caregiver-tips-for-senior-financial-planning/](http://www.caregivers.com/blog/2014/07/6-caregiver-tips-for-senior-financial-planning/)

Caregiver tips for financial planning

***Caring Connections*** 800-658-8898

1731 King St., Suite 100, Alexandria, VA 22314 [www.caringinfo.org](http://www.caringinfo.org)

Caring Connections is a national initiative to improve care at the end of life. Helps caregivers with planning using PA Advance Directive tools.

***Elderlaw Clinic***

***University of Pittsburgh Law School***

***3900 Forbes Ave.***

***Pittsburgh, PA 15260***

***(412) 648-1300***

[law.pitt.edu](http://law.pitt.edu)

Students are supervised and provide free legal services to low-income adults ages 60 and older and/or clients' family members. Services focus on advance planning for incapacity (including Powers of Attorney and Living Wills), simple estate planning, guardianship and related matters, Medical Assistance for long-term care, settlement of estates with limited assets/small estates, and grandparenting issues. Students also provide community presentations on elder law issues.

***Legal Counsel for the Elderly Legal Hotline***

800-262-5297 Elder law, bankruptcy, estate planning and healthcare

***UPMC Senior Services***

Preparing for a loved one's financial needs:

[www.upmc.com/services/aginginstitute/resources-for-caregivers/pages/financial-planning.aspx](http://www.upmc.com/services/aginginstitute/resources-for-caregivers/pages/financial-planning.aspx)

Legal services and resources: <http://www.upmc.com/Services/AgingInstitute/resources-for-caregivers/Pages/legal-services-and-resources.aspx>

***WISER (Women's Institute for a Secure Retirement)***

Financial Steps for Caregivers: *What You Need to Know About Money and Retirement* helps identify financial decisions a caregiver. Information on planning for retirement: [www.wiserwomen.org](http://www.wiserwomen.org).

***National Alliance for Caregiving*** Provides information on working and caregiving, financial support, retirement planning and social security benefits for caregivers.

[www.caregiving.org/resources/finances-work](http://www.caregiving.org/resources/finances-work) or [www.caregiving.org](http://www.caregiving.org)

***Neighborhood Legal Services Association***

412-255-6700 ext. 216

928 Penn Avenue, Pgh, PA 15222

Elder law, bankruptcy, criminal and divorce

***Ursuline Support Services***

204 North Highland Avenue, Pgh, PA 15206

888-881-4749 / 412-345-0144

Representative Payee, guardianship, and volunteer bill paying services for fragile older adult

## RESPIRE

*Respite provides a caregiver with a break from the responsibilities of caregiving. The length varies from an hour to a couple weeks. Respite takes place at home, an adult day care center, nursing home, or other places. Respite gives the caregiver time to run errands, catch up on sleep, address their own medical needs, to relax, and more.*

### **ARCH National Respite Network**

1-919-490-5577 [www.respitelocator.org](http://www.respitelocator.org)  
Helps caregivers find area respite resources.  
**Eldercare locator** [www.eldercare.gov](http://www.eldercare.gov)  
1-800-677-1116 National site that  
helps caregivers find local resources

### **Alliance for Community Respite Care (ACRC)** 412-683-7100

1400 South Braddock Avenue, Pgh, PA 15218  
Assists families with locating respite and grants for respite care.  
[www.classcommunity.org/how-we-help/respite-care-providers](http://www.classcommunity.org/how-we-help/respite-care-providers)

### **East End Cooperative Ministry**

412-361-5549 [www.eecm.org](http://www.eecm.org)  
6140 Station Street, Pgh, PA 15206  
Respite care program offers shelter and non-medical respite care for adults who are unable to return to their homes. Allows up to 12 adults at a time a place to heal after hospital discharge.

### **Epilepsy Foundations of Western Pennsylvania** [www.efwp.org](http://www.efwp.org)

412-322-5880/1800-361-5885  
1501 Reedsdale Street, Suite 3002, Pgh, PA 15233  
Respite for caregiver of a person with uncontrolled seizures

### **Jewish Association on Aging Nighttime Memory Care Program**

300 JHF Drive, Pgh, PA 15217  
412-422-9454  
[www.jaapgh.org/memory-care-center-of-excellence/adult-day-services](http://www.jaapgh.org/memory-care-center-of-excellence/adult-day-services)  
Overnight respite program for adults with Alzheimer's disease or dementia.

### **Senior Companion Program** 412-350-4061

1 Smithfield Street, Pgh, PA 15222  
[www.alleghenycounty.us/dhs/inhome.aspx](http://www.alleghenycounty.us/dhs/inhome.aspx)  
Friendly visits and companionship. Caregivers may benefit from several hours respite weekly.

### **Nursing Homes Which Provide Respite**

**Asbury Heights** 412-341-1030  
700 Bower Hill Road, Mt. Lebanon, PA 15243

**Baldwin Health Center** 412-885-8400  
1717 Skyline Drive, Baldwin, PA 15227

**Baptist Homes** 412-563-6550  
489 Castle Shannon Blvd., Mt. Lebanon,  
PA 15234

***Caring Heights Community Care and Rehab***

412-331-6060

234 Coraopolis Road, Coraopolis, PA 15108

***Charles M. Morris Nursing and Rehabilitation Center*** 412-420-4000

200 JHF Dr, Pgh, PA 15217

***The Commons at Squirrel Hill*** 412-421-8443

2025 Wightman Street, Squirrel Hill, PA 15217

***Concordia of Monroeville***

412-373-3900

4363 Northern Pike, Monroeville, PA 15146

***Concordia of the South Hills*** 412-278-1300

1300 Bower Hill Road, Mt. Lebanon, PA 15243

***Concordia at Rebecca Residence***

724-444-0600

3749 Cedar Ridge Road, Allison Park, PA 15101

724-224-9200

1050 Broadview Blvd., Brackenridge, PA 15014

***Consulate Health Care of Cheswick***

412-767-4998

3876 Saxonburg Blvd., Cheswick, PA 15024

***Country Meadows***

412-257-4581/ 412-257-2474

3570 Washington Pike, Bridgeville, PA 15017

***Forbes Center for Rehabilitation and Healthcare*** 412-665-3232

6655 Frankstown Avenue, East Liberty, PA 15206

***Eldercrest Nursing Center*** 412-462-8002

2600 West Run Road, Munhall, PA 15120

***Friendship Village of South Hills***

724-941-3100

1290 Boyce Road, Upper St. Clair, PA 15241

***Golden Living Center*** 412-257-4444

350 Old Gilkeson Road, Mt. Lebanon, PA 15228

***Golden Living Center*** 412-856-7570

4142 Monroeville Blvd., Monroeville, PA 15146

***Harmarvillage Care Center***

724-274-3773

715 Freeport Road, Cheswick, PA 15024

***HCR ManorCare*** 412-831-6050

60 Highland Road, Bethel Park, PA 15102

**HCR ManorCare** 412-884-3500  
Weyman Road, Whitehall, PA 15236

**HCR ManorCare** 412-856-7071  
885 MacBeth Drive, Monroeville, PA 15146

**HCR ManorCare** 412-344-7744  
1848 Greentree Road, Green Tree, PA 15220

**HCR ManorCare North Hills**  
412-369-9955  
1105 Perry Highway, Ross Township, PA 15237

**Highland Park Care Center** 412-362-6622  
745 N. Highland Avenue, East Liberty, PA 15206

**Kane Glen Hazel**  
412-422-6800/412-422-5263  
955 Rivermont Drive, Glen Hazel, PA 15207

**Kane McKeesport**  
412-422-6800/412-422-5263  
100 Ninth Street, McKeesport, PA 15132

**Kane Regional Center** 412-422-5263  
300 Kane Blvd., Scott Township, PA 15243

**Kane Ross**  
412-369-2000/412-422-5263  
110 McIntyre Road, Ross Township, PA 15237

**ManorCare Health Services** 412-665-2400  
550 S. Negley Avenue / 5609 Fifth Avenue, Shadyside, PA 15232 412-362-3500

**ManorCare Health Services Northside**  
412-323-0420  
2170 Rhine Street, Spring Hill, PA 15212

**North Hills Health and Rehab Center**  
724-935-3781  
194 Swinderman Road, Wexford, PA 15090

**LGAR Health and Rehabilitation Center**  
412-825-9000  
800 Elsie Street, Turtle Creek, PA 15145

**Longwood at Oakmont**  
877-842-0879 / 877-558-4692  
500 Route 909, Verona, PA 15147

**Meadowcrest Nursing Center** 412-854-5500  
1200 Braun Road, Bethel Park, PA 15102

**Jefferson Hills Manor** 412-653-1128  
448 Old Clairton Road, Jefferson Hills, PA 15025

**Lawson Nursing Home** 412-466-1125  
540 Coal Valley Road, Jefferson Hills, PA 15025

**Oakmont Center for Nursing and Rehabilitation** 412-828-7300  
22 Ann Street, Oakmont, PA 15139

**Paramount Senior Living-Bethel Park**  
412-833-3500  
5785 Baptist Road  
Bethel Park, PA 15102

**Paramount Senior Living-South Hills**  
412-650-3100  
100 Knoedler Road  
Pittsburgh, PA 15236

**Presbyterian Senior Care - The Willows**  
412-828-5600  
1215 Hulton Road, Oakmont, PA 15139

**Reformed Presbyterian Home**  
412-321-4139  
2344 Perrysville Avenue, Pgh, PA 15214

**Southwestern Nursing and Rehabilitation Center** 412-466-0600  
500 Lewis Run Road, Pleasant Hills, PA 15122

**St. Barnabas**  
724-443-0700  
5827 Meridian Road, Gibsonia, PA 15044

**UPMC Canterbury Place** 412-622-9000  
310 Fisk Street, Lawrenceville, PA 15201

**UPMC Heritage Place** 412-422-5100  
5701 Phillips Avenue, Squirrel Hill, PA 15217

**Vincentian De Marillac** 412-361-2833  
5300 Stanton Ave, Stanton Heights, PA 15206

**West Hills Health and Rehab**  
412-269-1101  
951 Broadhead Road, Coraopolis, PA 15108

**Wexford Healthcare Center**  
412-366-7900  
9850 Old Perry Highway, Wexford, PA 15090

**Woodhaven Care Center** 412-856-4770  
2400 McGinley Road, Monroeville, PA 15146

## *Respite from Home Health Agencies*

***Allegheny Health Network***

888-599-7328

***Anova Home Healthcare***

412-859-8801

***Aseracare Home Health & Hospice***

412-376-9472

***BAYADA Home Health Care***

412-374-1440

***Care at Home***

724-39-1117

***Caregiver Connection***

**412-904-5995**

[caregiverconnection@jfcspgh.org](mailto:caregiverconnection@jfcspgh.org)

***Care Unlimited***

412-367-3620

***Celtic Healthcare***

800-355-8894

***Emerald Home Health***

412-429-5880

***Epic Health Services***

412 662 0728

***Advantage Home Health Services, LLC***

412-440-0142

***Extended Family Care***

412-241-7292

***Gallagher Home Health***

412-279-7800

***Heartland Home Health Care and Hospice***

412-928-2126

***Home Helpers***

412-364-4663

***Liken Health Care***

412-816-0113

***Maxim Healthcare Services***

412-687-2838

***Northern Home Care***

412-781-1175, ext. 2060

**Paramount Home Health Services**

412-650-3107

**PRN Health Service Inc.**

412-824-2181

**Renaissance Home Care**

412-563-5055

**Senior Helpers**

724-834-5720

**St. Barnabas Home Care**

724-444-5502

**UPMC Private Duty Nursing**

866-430-8742

**Respite at Adult Day Centers**

**\* Serves individuals with Intellectual disabilities**

**Anathan Club**

412-422-9454

300 JHF Drive, Squirrel Hill, PA 15217

**Baldwin Seniors Program TAC\*** 412-882-5015

5225 Grace Street, Baldwin, PA 15236

Serves seniors & individuals with intellectual disabilities

**Blind Vision Rehabilitation Services of Pgh\***

412-368-4400

1816 Locust Street, Pgh, PA 15219

**Catholic Youth Association Stephen Foster Center**

412-621-3342

Main Street, Lawrenceville, PA 15201

**Center for Community Supports Day Program\*** 412-771-3614

86 Coraopolis Road, Coraopolis, PA 15108

**Chartiers Center** \*412-344-7155

2866 Glenmore Avenue, Dormont, PA 15216

**Community LIFE** 724-230-3240

702 Second Avenue, Tarentum, PA 15084

**Community LIFE**

412-229-5500

301 Meade Street, Pgh, PA 15221

**Community LIFE** 412-464-2101

491 East Eighth Avenue, Homestead, PA 15120

***Community LIFE***

412-664-1448  
1305 Fifth Avenue, McKeesport, PA 15132

***Easter Seals/Harmarville*** 412-826-4939

370 Guys Run Road, Cheswick, PA 15024

***Elizabeth Seton Center\**** 412-344-4777

1900 Pioneer Avenue, Brookline, PA 15226

***LIFE Pgh*** 412-388-8042

1200 Reedsdale Street, Pgh, PA 15233 or  
Three Allegheny Center, 1st Floor, Pgh, PA 15212

***LIFE Pgh*** 412-388-8050

875 Greentree Road, One Parkway Center, Suite 100, Green Tree, PA 15220

***Mon Yough Community Services, Inc. Senior Connection*** 412-346-9793

500 Market Street, McKeesport, PA 15132

***New Horizon Senior Center\**** 412-247-4902

10147 Frankstown Road, Penn Hills, PA 15235

***Partners for Quality Citizen Care Walden Center\**** 412-264-8755

1225 Lewis Avenue, Coraopolis, PA 15108

***Pgh Mercy Health Systems\**** 412-931-2287

105 Braunlich Drive, Ross Township, PA 15237

***Prime Time Adult Services\**** 412-835-6661

44 Highland Road, Bethel Park, PA 15102

***SarahCare*** 412-271-3600

2030 Ardmore Blvd., Forest Hills, PA 15221

***Valley Care Adult Day Services*** 724-266-9626

345 Maplewood Avenue, Ambridge, PA 15003

***Wesley Family Services*** 412-447-0009

104 Beta Drive, Pgh, PA 1523

***Woodside Place in Oakmont*** 412-826 6500

1215 Hulton Road, Oakmont, PA 1513

## SERVICE COORDINATION

*Whether your connection to assistance and support is called a Service Coordinator, Care Manager, or Supports Coordinator, each works with families to identify needs and to link the older adult and caregiver to support services. They are familiar with a broad array of resources like community, state and federal programs. A Care Manager completes an assessment, develops an individualized care plan, coordinates services, makes home visits, and communicates regularly to ensure caregiver's needs are met.*

**FamilyLinks** 412-924-0400

[www.familylinks.org](http://www.familylinks.org)

1500 Ardmore Blvd., Suite 501, Forest Hills, PA 15221

**LifeSpan** 412 464-1300

[www.lifespanpa.org](http://www.lifespanpa.org)

314 East Eighth Avenue, Homestead, PA 15120

**Wesley Family Services** 412-447-0128

[hwesleyfamilyservices.org](http://hwesleyfamilyservices.org)

104 Beta Drive, Pgh, PA 15238

**Options Care Management** 412-350-5460

[www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx](http://www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx)

## SUPPORT GROUPS

**Age Well Pgh Jewish Family & Children's Services**

412-422-7200/0400

5743 Bartlett Street, Pgh, PA 15217

**Hope Grows**

412-369-4673

183 Shafer Road, Moon Township, PA 15108

**Plum Senior Center**

412-795-2330

499 Center New Texas Road, Plum, PA 15239

**Prime Time Adult Day Center**

412-835-6661

44 Highland Road, Room 29, Bethel Park, PA 15102

### *Alzheimer's Disease Support Groups*

**Alzheimer's Association, Greater PA Chapter**

412-261-5040

[www.alz.org/pa](http://www.alz.org/pa)

1100 Liberty Ave, Suite E-201, Pgh, PA 15222

**Arden Courts (Ross Twp.)**

412-369-7887

1125 Perry Highway, Pgh, PA 15237

***Allegheny Valley Hospital***

724-226-7150  
1301 Carlisle Street, Natrona Heights, PA 15065

***Alzheimer's Outreach Center*** (Hill House)

412-692-2700  
1835 Centre Avenue, Pgh, PA 15219

***Anathan Club*** (Squirrel Hill)

412-422-9454  
300 JHF Drive, Pgh, PA 15217

***Arden Courts*** (Monroeville)

412-380-1300  
120 Wyngate Drive, Monroeville, PA 15146

***Concordia Fox Chapel***

412-767-5808  
931 Rt. 910, Cheswick, PA 15024

***Country Meadows***

412-257-2855  
3560 Washington Pike, Bridgeville, PA 15017

***Elmcraft of Saxonburg***

724-352-2827  
100 Bella Drive, Saxonburg, PA 16056

***Home Instead Senior Care*** (North Hills)

412-264-4700  
4900 Perry Highway, Bldg. 1, Suite 100, Pgh, PA

***St. Stephens Henning House***

412-741-1790  
405 Frederick Ave, Sewickley, PA 15143

***Sunrise of McCandless***

412-441-1241  
900 Lincoln Club Drive, Pgh, Pa 1523

***Presbyterian SeniorCare-Longwood***

412-826-5700 Main  
412-826-6536  
500 Route 909, Verona, PA 15147

***-Woodside***

412-826-6132  
1215 Hulton Road, Oakmont, PA 15139

***UPMC Senior Services at UPMC McKeesport***

412-664-3463  
Crawford Bldg., 1500 Fifth Avenue, 1<sup>st</sup> floor, Suites 145 and 150, McKeesport, PA 15132

**Juniper Village** (Forest Hills)  
412-244-9901  
107 Fall Run Road, Pgh, PA 15221

**Richard Morgan Redstone Highlands**  
724-864-5811  
12921 Lincoln Way, North Versailles, PA 156

**Home Instead Senior Care** (South Hills)  
412-595-7554  
1500 Oxford Drive, Suite 10  
Bethel Park, PA 15102

**Mt. Vernon of South Park**  
412-655-3535  
1400 Riggs Road, South Park, PA 15129

**Paramount Senior Living South Hills**  
412-650-3100  
100 Knoedler Road, Pgh, PA 15236

**The Pines of Mt. Lebanon**  
412-341-4400  
1537 Washington Road, Pgh, Pa 15228

**Sunrise of Upper St. Clair**  
412-831-2200  
500 Village Drive, Upper St. Clair, PA 15241

**UPMC St. Margaret's Hospital**  
412-784-4000/5050  
815 Freeport Road, Pgh, PA 15215

**Westminster Presbyterian Church**  
412-835-6630  
2040 Washington Road, Upper St. Clair, PA 1524

#### ***Bereavement Support Groups***

**Anchorpoint Counseling Ministry**  
412-366-1300  
800 McKnight Park Drive #802, Pgh, PA 15237

**Coping with Grief Support Group**  
877-771-1234  
Excelsa Health Hospital, Greensburg and Latrobe

**Family Hospice Bereavement Department**  
412-572-8829  
50 Moffett Street, Mt. Lebanon, PA 15243

**Forbes Hospice**  
412 334 9753  
Forbes Hospital and West Penn Hospital

***Gateway Hospice***

412-536-2020

9380 McKnight Rd #201, Pgh, PA 15237

***Jewish Community Center***

412-422-5700

200 JHF Drive, Pgh, PA 15217

***Memorial Park Presbyterian Church***

412-364-9492

8800 Peebles Road, Allison Park, PA 15101

***Mon Valley Hospital Suicide Bereavement Group***

724-268-1144

1163 Country Club Rd, Monongahela, PA 15063

***St. Rosalia-Lazarus***

412-421-5766

411 Greenfield Avenue, Pgh, PA 15207

***St. Robert Bellarmine***

412-824-2644

1313 5th Avenue, East McKeesport, PA 15035

***Three Rivers Hospice***

412-349-0760/412-884-5225

1195 Jacks Run Road, North Versailles, PA 15137

412-297-6556

2500 Mosside Boulevard, Monroeville, PA 15146

***Support Group for Medical Condition***

***ALS Caregiver Support Group***

412-821-3254

[sandra@cure4als.org](mailto:sandra@cure4als.org)

***American Cancer Society***

800-227-2345 option 1

***Cancer Caring Center***

412-622-1212

[info@cancercaring.org](mailto:info@cancercaring.org)

***Hillman Cancer Center***

412-647-2811

5115 Centre Ave, Pgh, PA 15232

***Ursuline Support Services***

412-224-4700

2717 Murray Avenue, Pgh, PA 15217

[www.ursulinesupportservices.org](http://www.ursulinesupportservices.org)

**Mercy Hospital Stroke Support Group**

412-232-8738

1400 Locust Street, Oakland, PA 15219

**Monongahela Valley Hospital Groups**

412-258-1000 Main

1163 Country Club Rd, Monongahela, PA 15063

**Cancer** 724-258-1475

**Prostate Cancer Group** 724-292-9404

**Breast Cancer Group** 724-258-1704

**Our Clubhouse (free cancer support)**

412-338-1919

2819 Smallman Street.

Pittsburgh, PA 15222

[www.ourclubhouse.org](http://www.ourclubhouse.org)

**HealthSouth Harmarville Stroke Support Group** 412-826-2784

**Health South Brain Injury & Stroke Support**

412 670-4861

**Health South Harmarville Parkinson's Group**

412-828-1300 x7710

**Jefferson Regional Medical Center**

412-469-5000 /412-469-5868

565 Coal Valley Road, Room 3SW, Jefferson Hills, PA 15025 [www.jeffersonregional.com](http://www.jeffersonregional.com)

**Brain Injury Support Group**

Carnegie Municipal Bldg., 2<sup>nd</sup> floor

1 Veterans Way, Carnegie, PA 15106

877-480-6714x 140

**REMed (Shadyside Brain Injury)**

5830 Ellsworth Ave, 2<sup>nd</sup> Floor, Pgh, PA 15232

412-215-1180

## WEBSITES

**AARP Family Caregiver Resource Center**

[www.aarp.org/caregiving](http://www.aarp.org/caregiving) 866-389-5654

A caregiving resource center with information about locating eldercare, housing options, legal and financial matters, and self-care.

**Aging Care** [www.agingcare.com](http://www.agingcare.com)

On-line magazine and caregiver forum. Caregivers post questions and issues which are answered by experienced caregivers. Education classes offered for professionals in senior issues.

**Alzheimer's Association** [www.alz.org/pa](http://www.alz.org/pa)

Lists local caregiver support groups and education opportunities for caregivers of a loved one diagnosed with Alzheimer's disease.

**Alzheimer's Foundation of America/Care Crossroads** [alzfdn.org/](http://alzfdn.org/)

On-line discussion boards and support groups. Questions are answered by social work professionals.

**Aging in Place Technology** [www.ageinplacetech.com](http://www.ageinplacetech.com)

Features posts reviewing the latest technology for caregivers and older adults.

**Aging 2.0** [www.aging2.com](http://www.aging2.com)

Monthly newsletter about updates in technology and aging.

**eCareDiary.com** [www.eCareDiary.com](http://www.eCareDiary.com)

Tool for organizing caregiver documents, appointments, resources and tasks.

**The Briefcase** is a web-based resource that caregivers can use for themselves. [APA's Family Caregiver Briefcase for Psychologists www.apa.org/pi/about/publications/caregivers/index.aspx](http://www.apa.org/pi/about/publications/caregivers/index.aspx)

**Care Zone** [carezone.com/home](http://carezone.com/home)

Organizational app, free for iPhone, iPad and Android Tech additions.

Download the **Caregivers Self-Assessment** to review your responsibilities, role as a caregiver, evaluate your stress level, and make a caregiving plan. [Caregiver Self-Assessment www.va.gov/GERIATRICS/Guide/LongTermCare/Shared\\_Decision\\_Making.asp](http://www.va.gov/GERIATRICS/Guide/LongTermCare/Shared_Decision_Making.asp)

**Caring Bridge** [www.CaringBridge.org](http://www.CaringBridge.org)

Calendar function and task scheduling features

**Caregiver Action Network** [www.caregiveraction.org](http://www.caregiveraction.org)

Explains how to find a support group and how to start difficult conversations. The site also has a caregiver forum.

**Caring.com** [www.caring.com](http://www.caring.com)

Free guide to Alzheimer's care.

**Caregiver Magazine** [www.caregiver.com](http://www.caregiver.com)

**Caring Today** [www.caringtoday.com](http://www.caringtoday.com)

Offers self-care guides and other resources for caregivers.

**Caregiver Stress**

[www.caregiverstress.com/](http://www.caregiverstress.com/)

**Dementia Caregiver Solutions** [Find at iTunes](#)

Informational app for iPhone and iPad

**Eldercare Locator** [www.eldercare.gov](http://www.eldercare.gov)

Search by zip code or topic to find eldercare and caregiver resources in your local area.

**Elder 411** [www.elder411.net/](http://www.elder411.net/)

Information and self-help app for iPhone or iPad

**Family Caregiver Alliance** [www.caregiver.org/](http://www.caregiver.org/)

National Center on Caregiving

**Help for Cancer Caregivers** [www.helpforcancercaregivers.org](http://www.helpforcancercaregivers.org)

Information about avoiding caregiver burnout, self-care and long-distance caregivers.

**Help for Alzheimer's Families** [www.HelpForAlzheimersFamilies.com](http://www.HelpForAlzheimersFamilies.com)

Free Alzheimer's training to local caregivers

[www.helpforalzheimersfamilies.com/get-help/download-daily-companion-app/](http://www.helpforalzheimersfamilies.com/get-help/download-daily-companion-app/) Dementia Care advice app

**National Institute on Aging** [www.nia.nih.gov](http://www.nia.nih.gov)

**National Alliance for Caregiving** [www.caregiving.org](http://www.caregiving.org)

**Lotsa Helping Hands** [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Create a network of informal supports by coordinating appointments and caregiving responsibilities.

**Pennsylvania Department of Aging** [www.aging.state.pa.us](http://www.aging.state.pa.us)

State regulations of geriatric program. Offers resources and links to other sites.

**Pittsburgh Senior News**

[www.pittsburghseniornews.com](http://www.pittsburghseniornews.com)

Guide with County specific senior resources and stories available in Allegheny, Butler and Beaver Counties

**The Pittsburgh Regional Caregivers Survey**

[www.healthpolicyinstitute.pitt.edu/sites/default/files/CaregiverSurvey.pdf](http://www.healthpolicyinstitute.pitt.edu/sites/default/files/CaregiverSurvey.pdf)

Summary of The Caregiver Project research conducted by the University of Pittsburgh Center for Caregiving Research, Education and Policy. Information how local caregivers compare to national caregivers.

**Rosalynn Carter Institute for Caregiving** [www.rosalynncarter.org](http://www.rosalynncarter.org)

**Senior Resource Guide** [www.pittsburghseniornews.com](http://www.pittsburghseniornews.com)

**Strength for Caring** [www.strengthforcaring.com](http://www.strengthforcaring.com)

Resource center for stress management, daily tasks, financial planning, housing and more.

**The Caregiver Space**

[thecaregiverspace.org/magazine/](http://thecaregiverspace.org/magazine/)

Online articles on relevant caregiver topics.

**This Caring Home** [www.ThisCaringHome.org](http://www.ThisCaringHome.org)

**University of Michigan Depression Center Toolkit** [depressiontoolkit.org](http://depressiontoolkit.org)

A toolkit created by University of Michigan Depression Center to help caregivers and those suffering with mood disorders.

**United Hospital Fund Next Step in Care** [www.nextstepincare.org](http://www.nextstepincare.org)

Guides to help family caregivers and health care providers work collaboratively planning safe transitions for chronically or seriously ill patients.

**Well Spouse Association** [wellspouse.org](http://wellspouse.org)

Online resources for spousal caregivers and offers caregiver respite weekends throughout the United States.

## WORKING CAREGIVERS

*Working caregivers have unique challenges in maintaining work/life balance. Employers and caregivers can work collaboratively toward mutually beneficial goals. Employer and caregivers both benefit from eldercare programs. Flexible schedules, support programs, access to counseling, training, resources, stress*

*management, smoking cessation, and other wellness initiatives are ways employers support the mental and physical health of working caregivers.*

**Atlas of Caregiving** [atlasofcaregiving.com/family-caregivers-working-home-working-work/](http://atlasofcaregiving.com/family-caregivers-working-home-working-work/)  
Monthly articles on various caregiving topics.

**Best Practices in Workplace Eldercare** (March 2012) from the National Alliance for Caregiving  
[www.caregiving.org/pdf/research/BestPracticesEldercareFINAL.pdf](http://www.caregiving.org/pdf/research/BestPracticesEldercareFINAL.pdf)

**The Essential Guide to Family & Medical Leave 5<sup>th</sup> edition**  
(2016) Lisa Guerin  
ISBN -10: 14133227356  
ISBN-13: 978-1413322743

**Juggling Life, Work and Caregiving**  
(2015) Amy Goyer  
ISBN-10: 1634251636  
ISBN-13: 978-1634251631

**Working Caregiver**  
[www.workingcaregiver.com](http://www.workingcaregiver.com)

**The Working Family Caregiver: Tips for Balancing Career and Caregiving**  
(2012) Denise M. Brown  
Free E-book: [www.caregiving.com/ebooks/TheWorkingFamilyCaregiver.pdf](http://www.caregiving.com/ebooks/TheWorkingFamilyCaregiver.pdf)

**Supporting Working Caregivers: Case Studies of Promising Practices** (2017)  
[respectcaregivers.org](http://respectcaregivers.org) Report by the ReACT (Respect A Caregiver's Time) Coalition.

### **Videos for Working Caregivers and Employers**

[www.youtube.com/playlist?list=PLUthdkimXSzsHfYY\\_VuJAyvvyuOTmClqee](http://www.youtube.com/playlist?list=PLUthdkimXSzsHfYY_VuJAyvvyuOTmClqee)  
"You Are Not Alone series" for the family caregiver. 8 videos by Emblem Health

[www.youtube.com/watch?v=da-4GEaWK4I](http://www.youtube.com/watch?v=da-4GEaWK4I) **Symptoms of Caregiver Burnout: What every employer needs to know** 5:46 Three working caregivers share how their caregiving experiences affected physical and emotional well-being.

[www.youtube.com/watch?v=yRNfZT6Xe7I](http://www.youtube.com/watch?v=yRNfZT6Xe7I) **Examples of Workplace Supports for Employed Caregivers** 4:07 Working caregivers are more effective and have greater job satisfaction than other employees with flexible workplaces. The video discusses the employer's role in providing workplace support.

[www.youtube.com/watch?v=yQAyAhl5HNA](http://www.youtube.com/watch?v=yQAyAhl5HNA) **The Employed Family Caregiver Survey: A Tool for Employers** 5:40 Explains a survey tool that measures employee involvement in family caregiving, and the valuable information employers obtain from the tool.

[www.youtube.com/watch?v=BPdDtsSqTTE](http://www.youtube.com/watch?v=BPdDtsSqTTE) **Employers Benefit from Supporting Employed Caregivers** 8:22 Three top managers describe the variety of support provided to their employees and the benefits to both employee and employer.

[www.caregiverstress.com/geriatric-professional-resources/development-training/support-working-family-caregiver/](http://www.caregiverstress.com/geriatric-professional-resources/development-training/support-working-family-caregiver/) 58.37 Support for the Working Family Caregiver- Professional Caregiver Webinar

## *Check out a Caregiver Support Backpack at your local Library*



*The Allegheny County Area Agency  
on Aging offers caregiver backpack full  
of Caregiver Resources and information.*

*We understand how difficult balancing  
giving care to a loved one and other life  
commitments may be. Review books,  
DVD/movie, magazines and brochures  
when it is convenient for you and in the  
privacy of your own home.*

*50+ County libraries have backpacks  
available for caregivers to check out.  
Backpacks contain a diverse selection of  
local supports on finances, emotions,  
making decisions, respite, tools, training*

*To provide additional resources or to update information for future additions of this guide,  
please email: [jacqueline.musgrove@alleghenycounty.us](mailto:jacqueline.musgrove@alleghenycounty.us)*