



KANSAS CAREGIVER RESOURCE GUIDE

AARP Real Possibilities in
Kansas

KANSAS CAREGIVER RESOURCE GUIDE



Caregiving may be one of the most important roles you will ever take on in your life. You may have become a caregiver suddenly or perhaps your role has evolved over time. No matter where you are in the continuum of caregiving—starting to plan, helping to coordinate a big move, or taking care of a family member in your home—having resources at your fingertips will make the process easier.

With many organizations offering different types of help and services, it can be a challenge to sort out the specific type of help or services best suited for your needs. AARP developed this resource guide with you—the caregiver—in mind as a starting point to help you find the services and supports you need throughout your caregiving journey.

We hope this resource guide can assist you in the following ways:

- > **Help you get the type of assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online.
- > **Help you connect with others.** You'll discover, if you have not already, that you're a part of a community of caregivers and caregiver supporters. You are truly not alone.
- > **Help take care of yourself.** This is vitally important but something that many caregivers often overlook. The act of caregiving can take a physical and mental toll on the caregiver. So, it's important that you make self-care a top priority.

Tips to Find Services and Supports

Here are a few pointers to keep in mind as you begin to look for resources and support.

Ask for help.

Friends and family will often ask you if there is anything that they can do to help. Use your network and ask others to help you look for resources and information in your area.

If possible, use the Internet.

The Internet is an easy and quick way to get information. Because information can vary, it is important not to rely on one site alone. Also, make sure the sponsoring organization is a reputable and reliable source of information.

Talk to a real person.

Many phone numbers will lead to voicemail. It's important to leave a message, but don't wait for someone to call you back. Keep in mind that some services have backlogs of calls to return. Keep calling back until you connect with someone who can help you. Usually a second request receives prompt attention.

Write down your questions in advance.

Before you call, write down specific questions and try to be as concrete and detailed as possible.

Keep track of your conversations.

Keep a notebook of who you talked to. Write down names, phone numbers, and notes from each call. You never know when you will need the information down the road.

No one person or organization has all the answers.

The person you get on the phone or the website you visit may have expertise in certain areas, but not in others. It is always smart to be prepared with other resources and organizations that can help.

Use your creativity.

Create your own personal resource network. This could include contacting community-based agencies to find out what kinds of support services are available in your area. Consider asking friends or other caregivers what resources they found to be useful.

Many services are local.

Services can vary widely from state to state and region to region. Make sure you look for resources that provide services where you live.

"I help take care of my grandma, Joan. She has taken care of me since I was a baby and I have always looked up to her...She is my best friend and I love her with all my heart."

— C. from Wichita



LOCAL & COUNTY RESOURCES

Central Plains Area Agency on Aging

Covers Butler, Harvey, and Sedgwick counties.

2622 W. Central Avenue, No. 500
Wichita, Kansas 67203
316-660-5120 | www.cpaaa.org

East Central Kansas Area Agency on Aging

Covers Anderson, Coffey, Franklin, Linn, Miami, and Osage counties.

117 S. Main Street
Ottawa, Kansas 66067
785-242-7200 | www.eckaaa.org

Jayhawk Area Agency on Aging

Covers Douglas, Jefferson, and Shawnee counties.

2910 SW Topeka Boulevard
Topeka, Kansas 66611
785-235-1367 or 1-800-798-1366
www.jhawkaaa.org

Johnson County Area Agency on Aging

Covers Johnson county.

11811 S. Sunset Drive, Suite 1300
Olathe, Kansas 66061
913-715-8800
www.jocogov.org/dept/human-services/area-agency-aging

Kansas Area Agencies on Aging Association (K4A)

The Kansas Area Agencies on Aging Association “represents all 11 Area Agencies on Aging (AAA) that coordinate services and provide assessment, information, case management, and numerous other services for seniors in all 105 counties of Kansas.” K4A and all 11 local AAAs work “to improve services and support for all older Kansans and their caregivers.” The Area Agencies on Aging are the “single point of entry” for services for seniors in Kansas. The agencies administer programs that provide a continuum of care, including information and referral, caregiver programs and information, home delivered and congregate meals, in-home services and nursing home assignments, and Senior Health Insurance Counseling for Kansas. Please contact K4A or an Area Agency on Aging for more information.

2910 SW Topeka Boulevard
Topeka, Kansas 66611
Toll Free: 1-855-200-2372
www.k4a.org

North Central-Flint Hills Area Agency on Aging

Covers Chase, Clay, Cloud, Dickinson, Ellsworth, Geary, Jewell, Lincoln, Lyon, Marion, Mitchell, Morris, Ottawa, Pottawatomie, Republic, Riley, Saline, and Wabaunsee counties.

401 Houston Street
Manhattan, Kansas 66052
785-776-9294 | www.ncfhaaa.com

Northeast Kansas Area Agency on Aging

Covers Atchison, Brown, Doniphan, Jackson, Marshall, Nemaha, and Washington counties.

1803 Oregon Street
Hiawatha, Kansas 66434
785-742-7152 or 1-800-883-2549
www.nekaaa.org

Northwest Kansas Area Agency on Aging

Covers Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Norton, Osborne, Phillips, Rawlins, Rooks, Russell, Sheridan, Sherman, Smith, Thomas, Trego, and Wallace counties.

510 W. 29th Street, Suite B
P.O. Box 610 | Hays, Kansas 67601
785-628-8204 or 1-800-432-7422
www.nwkaaa.com

Southeast Kansas Area Agency on Aging

Covers Allen, Bourbon, Cherokee, Crawford, Labette, Montgomery, Neosho, Wilson, and Woodson counties.

1 W. Ash Street | P.O. Box J
Chanute, Kansas 66720
620-431-2980 | www.sekaaa.com

South Central Kansas Area Agency on Aging

Covers Chautauqua, Cowley, Elk, Greenwood, Harper, Hingman, McPherson, Reno, Rice, and Sumner counties.

304 S. Summit | P.O. Box 1122
Arkansas City, Kansas 67005
620-4442-0268 | www.sckaaa.org

Southwest Kansas Area Agency on Aging

Covers Barber, Barton, Clark, Comanche, Edwards, Finney, Ford, Grant, Gray, Greeley, Hamilton, Haskell, Hodgeman, Kearny, Kiowa, Lane, Meade, Morton, Ness, Pawnee, Pratt, Rush, Scott, Seward, Stafford, Stanton, Stevens, and Wichita counties.

236 San Jose Drive, Dodge City, Kansas 67801 | 620-225-8230 or 1-800-742-9531 | www.swkaaa.org

Wyandotte-Leavenworth Area Agency on Aging

Covers Leavenworth and Wyandotte counties.

Midtown Metro Center
849-C N. 47th Street
Kansas City, Kansas 66101
913-573-8531
www.wycokck.org/aging

STATE RESOURCES

AARP Kansas

AARP provides a number of resources for caregivers. The AARP Fraud Watch Network alerts consumers to common scams and provides tips on how to avoid identity theft and other forms of fraud. The AARP Driver Safety Program helps older drivers

become safer, more aware drivers. In Kansas, those who complete the course are eligible to apply for a discount on their automobile insurance. AARP Foundation Tax-Aide Program provides free tax return preparation services for low- to middle-income taxpayers and those who are 50 and older.

6220 SW 29th Street, Suite 300
Topeka, Kansas 66614
1-866-448-3619 | aarp.org/ks
facebook.com/AARPKS
twitter.com/AARPKS

Adult Protective Services (APS)

Investigates allegations of abuse and neglect and provides education about elder abuse and neglect. Forms of abuse include physical and sexual abuse, financial exploitation, and emotional and verbal abuse.

503 S. Kansas Avenue
Topeka, Kansas 66603
www.kdads.ks.gov

Customer Service Assistance:
1-888-369-4777

To report Child or Adult Abuse or Neglect: 1-800-922-5330

To report Suspected Public Assistance Fraud: 1-800-432-3913

Child Support Service Center:
1-888-757-2445

Center for Practical Bioethics

The Center for Practical Bioethics deals with end-of-life issues. The organization also works on issues as diverse as aging, patients' rights, pain and its treatment, stem cell research, and disparities in access to and quality of care and provides resources to help patients, families and clinicians.

1111 Main Street, Suite 500
Kansas City, Missouri 64105
816-221-1100 or
Toll Free: 1-800-344-3829
www.practicalbioethics.org



Citizens' Utility Ratepayer Board (CURB)

The Citizens' Utility Ratepayer Board seeks to protect the interests of residential and small commercial utility ratepayers in Kansas. CURB argues on behalf of consumers and ratepayers in dozens of cases regarding electric, gas, telecommunications, and water utilities. CURB also oversees the Kansas Lifeline Program, a telephone assistance plan that provides income-eligible consumers with a reduction in the price of basic local services.

1500 SW Arrowhead Road
Topeka, Kansas 66604
785-271-3200
www.curb.kansas.gov



Disability Rights Center (DRC)

The Disability Rights Center is a legal advocacy agency empowered by federal law to advocate for the civil and legal rights of Kansans with disabilities. The DRC supports the End the Wait Campaign (which advocates on behalf of the more than five thousand Kansans currently waiting for life-sustaining [developmental disabilities] waiver services); the Voting Project (which registers people with disabilities to vote and informs them of their voting rights); the Disability Awareness Project (which provides information to consumers, teachers, and policymakers on the history of disability rights); and a number of similar projects.

214 SW 6th Avenue, Suite 100
Topeka, Kansas 66603
785-273-9661 or
Toll Free: 1-877-776-1541
TDD: 1-877-335-3725
www.drckansas.org

Food Assistance Program

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, provides monthly nutritional assistance to people who have low income and limited assets to pay for food. SNAP also provides nutritional education.

555 S. Kansas Avenue
Topeka, Kansas 66603
Toll Free: 1-888-369-4777
www.dcf.ks.gov

Harvesters Community Food Network

Harvesters is a regional food bank serving a 26-county area of northeast Kansas and northwest Missouri that provides food and related household

products. In Kansas, Harvesters serves Clay, Douglas, Franklin, Jackson, Jefferson, Johnson, Marshall, Miami, Nemaha, Osage, Pottawatomie, Riley, Shawnee, Wabaunsee, Washington and Wyandotte counties.

215 SE Quincy Street
Topeka, Kansas 66603
Toll Free: 1-877-353-6639
www.harvesters.org

InterHab

InterHab advocates on behalf of individuals with developmental disabilities, promotes independence, and encourages inclusion among all communities across Kansas.

700 SW Jackson Street, Suite 1100
Topeka, Kansas 66603
785-235-5103 | www.interhab.org

Kansas Advocates for Better Care (KABC)

Kansas Advocates for Better Care promotes quality long-term care for residents of licensed adult care homes and seeks to improve the quality of Kansas nursing homes and adult long-term care facilities. KABC publishes a number of helpful elder-care booklets, including *Pain Management: A Guide for Caregivers and Preventing Financial Harm, Abuse, Neglect, and Exploitation of Older Adults*. In addition, KABC compiles an annual listing of Kansas nursing home facilities that consistently achieve significant compliance with health and safety regulations and lower than average deficiencies during state inspections. The organization also compiles a listing of Kansas nursing facilities that are cited for ten or more deficiencies of non-compliance with health and safety regulations.

913 Tennessee, Suite 2
Lawrence, Kansas 66044
785-842-3088 | www.kabc.org

Kansas Association for the Blind and Visually Impaired (KABVI)

The Kansas Association for the Blind and Visually Impaired promotes the general welfare of the blind and visually impaired in Kansas and strives to increase the independence, opportunity, and quality of life for all blind and visually impaired Kansans.

712 S. Kansas Avenue, Suite 410
Topeka, Kansas 66603
785-235-8990 or Toll Free:
1-877-799-1499 | www.kabvi.com

Kansas Attorney General

The Attorney General's office provides a number of services, covering public safety, consumer protection, fraud and abuse prevention, victim services, and information on how to register for the Do-Not-Call list and file complaints about Medicaid Fraud, ID theft, and a number of other issues. The Attorney General's office also works with the Kansas Department for Children and Families, Kansas Department for Aging and Disability Services, Kansas Department of Health and Environment, and statewide law enforcement and prosecutors to help prevent and prosecute crimes against children and vulnerable adults across Kansas.

120 SW 10th Avenue, 2nd Floor,
Topeka, Kansas 66612
785-296-2215 or 1-888-428-8436
www.ag.ks.gov

Consumer Protection Hotline:
785-296-3751 or 1-800-432-2310

KanCare (Medicaid)

KanCare is a state health care program for Kansans with low income and limited resources insufficient to pay for health care. KanCare services include physical health services such as doctor appointments and hospital visits, behavioral health services, dental and vision care, pharmacy, transportation, and nursing home care. Older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home. Visit the website listed below for assistance and applications for families, children, the elderly and adults with disabilities.

Curtis State Office Building
1000 SW Jackson Street
Topeka, Kansas 66612
Toll Free in Kansas:
1-800-729-4884
www.kancare.ks.gov

Kansas Children's Service League (KCSL)

The Kansas Children's Service League is a statewide not-for-profit agency that works to prevent child abuse, strengthen families and empower parents and youth. Although its main offices are in Topeka, KCSL sponsors a Grandparents/Kinship group in Wichita.

3545 SW 5th Street
Topeka, Kansas 66606
Toll Free: 1-877-530-5275
www.kcsl.org

Kansas Commission on Veterans' Affairs (KCVA)

The Kansas Commission on Veterans' Affairs provides aged or disabled veterans with rehabilitative, residential, and

medical care and services and provides direct access to State of Kansas veteran-specific resources and benefits. KCVA also helps veterans and their families present claims for veterans' benefits to the federal government and offers veterans low-cost loans to acquire farms and homes.

700 SW Jackson Street, Suite 1004
Topeka, Kansas 66603
785-296-3976 | www.kcva.org

Kansas Department for Aging and Disability Services (KDADS)

The Kansas Department for Aging and Disability Services administers services to older adults; administers behavioral health, addiction and prevention programs; manages the four state hospitals and institutions; administers the state's home- and community-based services waiver programs under KanCare, the state's Medicaid program; and directs health occupations credentialing. KDADS also administers Senior Health Insurance Counseling for Kansas, as well as the Senior Medicare Patrol (SMP), a statewide project designed to reduce Medicare and Medicaid fraud, waste or abuse. For additional information, visit the website.

503 S. Kansas Avenue
Topeka, Kansas 66603
785-296-4986 | www.kdads.ks.gov

Kansas Department for Children and Families (DCF)

The Kansas Department for Children and Families offers the Low Income Energy Assistance Program which "helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit;

Adult Protective Services, which investigates “allegations of abuse, neglect, exploitation, or fiduciary abuse of vulnerable adults 18 years of age or older and, if needed, provides protective services; and the Kansas Commission for the Deaf and Hard of Hearing, which helps locate individual interpreters, registers people to become sign language interpreters, and coordinates and availability “of services for people who are deaf and hard of hearing.” Visit the website for regional offices and service centers.

555 S. Kansas Avenue
Topeka, Kansas 66603
785-296-3271 | www.dcf.ks.gov

Kansas Food Bank

The Kansas Food Bank supplies free and low-cost food to pantries, soup kitchens, and churches that give out food to the hungry. The Kansas Food Bank also has a number of programs, including Bob Boxes for seniors, Food-4-Kids, rural delivery, stocking pantries and food recovery. The Kansas Food Bank serves 85 counties in northern, western, southern, and eastern counties.

1919 E. Douglas Avenue
Wichita, Kansas 67211
316-265-3663
www.kansasfoodbank.org

Kansas Foundation for Medical Care (KFMC)

The Kansas Foundation for Medical Care is a not-for-profit organization focused on improving healthcare quality. KFMC educates consumers to help them make informed decisions about healthcare and works to ensure Medicare and Medicaid recipients

receive appropriate and quality healthcare.

2947 SW Wanamaker Drive
Topeka, Kansas 66614
Toll Free: 1-800-432-0770
www.kfmc.org

Kansas Insurance Department (KID)

The Kansas Insurance Department assists consumers who have disputes with insurance companies. KID regulates and licenses insurance companies and educates and assists consumers. KID provides tips on avoiding identity theft and fraud. Materials that allow consumers to compare a variety of insurance plans are available at the office and on the KID website listed below.

420 SW 9th Street
Topeka, Kansas 66612
Consumer Hotline: 1-800-432-2484
(Kansas only)

Kansas Legal Services

Kansas Legal Services offers free or low-cost legal services for older adults and provides legal advice, information, and assistance with non-criminal problems.

712 S. Kansas Avenue, Suite 200,
Topeka, Kansas 66603
785-233-2068
www.kansaslegalservices.org

Low Income Home Energy Assistance Program

Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.

555 S. Kansas Avenue
Topeka, Kansas 66603
1-800-432-0043 | www.dcf.ks.gov

Office of the Long-Term Care Ombudsman

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes and assisted living facilities. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems and can assist with complaints.

900 SW Jackson Street, Suite 1041
Topeka, Kansas 66612
785-296-3017 or
Toll Free: 1-877-662-8362
<http://ombudsman.ks.gov>

Second Harvest Community Food Bank

Second Harvest Community Food Bank is a regional food bank serving four counties in northeast Kansas: Atchison, Brown, Doniphan, and Leavenworth. It also serves counties in northwest Missouri.

915 Douglas Street
St. Joseph, Missouri 64505
816-364-3663
www.ourcommunityfoodbank.org

Senior Health Insurance Counseling for Kansas (SHICK)

Senior Health Insurance Counseling for Kansas provides one-on-one counseling and assistance to people with Medicare and their families. The agency can help with obtaining benefits, filing claims and understanding health care options.

503 S. Kansas Avenue
Topeka, Kansas 66603
Toll Free: 1-800-860-5260
www.kdads.ks.gov/shick

Visiting Nurse Association (VNA)

The Visiting Nurse Association provides necessary hospice care for all with an emphasis on comfort measures and physician-ordered home visits for the homebound acutely ill patient. In addition, VNA offers individual personal care and housekeeping services. Evening, overnight, weekend and live-in services are available.

200 Maine Street, Suite C
Lawrence, Kansas 66044
785-843-3738
www.kansasvna.org

1500 Meadow Lake Parkway
Kansas City, Missouri 64114
816-531-1200 | www.vnakc.com

NATIONAL RESOURCES

The national resources below provide valuable information and can connect you to programs and services in your state and local community.

Alzheimer's Association

Information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 helpline and care navigator tools.

www.alz.org | 1-800-272-3900

Alzheimers.gov

A free federal information resource about Alzheimer's disease and related dementias.

www.alzheimers.gov

ARCH Respite Network

The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.

www.archrespite.org

Caregiver Action Network

Information, educational materials, and support for family caregivers.

www.caregiveraction.org

Eldercare Locator

A public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults.

www.eldercare.gov
1-800-677-1116

Family Caregiver Alliance

Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.

www.caregiver.org
1-800-445-8106

Medicare

Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.

www.medicare.gov
1-800-633-4227

National Academy of Elder Law Attorneys

A professional association of attorneys who specialize in legal services for older adults and people with special needs. Find a database of elder law attorneys by state.

www.naela.org

The National Clearinghouse for Long-Term Care Information

Information and tools to help plan for future long-term care needs.

www.longtermcare.gov

Social Security Administration

Information on retirement and disability benefits, including how to sign up for Social Security.

www.ssa.gov | 1-800-772-1213

Veterans Administration

Provides supports and services for families caring for veterans. Connects caregivers with local caregiver supports programs for veterans.

www.caregiver.va.gov
855-260-3274



AARP RESOURCES FOR CAREGIVERS

AARP Benefits Quick Link

Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation's Benefits QuickLINK tools.

www.aarp.org/quicklink

AARP Caregiving App

Helps you manage your to-do list, calendar of appointments and support scheduling.

You can download it at
www.aarp.org/caregivingapp

AARP Caregiving Resource Center

One-stop shop for tips, tools and resources to use while caring for a loved one.

www.aarp.org/caregiving
For Spanish visit
www.aarp.org/cuidar

AARP Caregiving Support Line

Connects you directly with an information specialist who can talk with you about services and support available in your community.

1-877-333-5885

For Spanish call 1-888-971-2013
Monday-Friday,
7:00 a.m.– 11:00 p.m., EST

AARP Rx App

Helps you manage your loved one's medications. You can also use it to help manage your own medications.

You can download it at
www.aarp.org/rxapp

Advance Directive Forms

Free, downloadable state-specific advance directive forms and instructions.

www.aarp.org/advancedirectives

I Heart Caregivers

An initiative to recognize family caregivers by providing them a place to share their stories and learn how they can help improve caregiver support in their state.

www.aarp.org/iheartcaregivers

Living Longer, Living Smarter

An educational series that helps caregivers and older adults create a plan for their future.

www.aarp.org/decide

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aarp.org/kansas

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