



# SOUTH DAKOTA CAREGIVER RESOURCE GUIDE

**AARP** Real Possibilities in  
**South Dakota**

# SOUTH DAKOTA 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.

*"It was all a joy. Yes it was hard, but threading through it was joy."*

— Mary of Vermillion



## **SOUTH DAKOTA RESOURCES**

Many of the organizations in your state can help provide you with the big picture of what is going on in the community. State organizations can refer you to local organizations that provide resources and services in your local community.

### **CAREgivers by Active Generations\***

Caregiver Assistance, Resources, Education & Support

CAREgivers by Active Generations is designed for the family caregiver who is balancing work, life, family and friends. CAREgivers offers education, coping skills, stress

management, referrals, caregiver case management and support groups.

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

1-800-360-6161 or 605-275-7681

[bleggett@activegen.org](mailto:bleggett@activegen.org)

### **South Dakota Aging and Disability Resource Centers (ADRC)\***

The South Dakota ADRC provides objective information, assistance and access to long-term services and support options to anyone, regardless of income or resources, who needs information on long-term services and supports across the state of South Dakota.

<http://southdakota.assistguide.net>

605-773-3165

### **South Dakota Department of Social Services – Caregiver Services\***

<https://dss.sd.gov/asa/services/caregiver.aspx>

605-773-3165

### **Family Caregiver Alliance – South Dakota Adult Services and Aging Offices (ASAs)\***

Support groups for caregivers.

<https://caregiver.org/south-dakota-adult-services-and-aging-offices-asas>

1-877-579-0015

### **Alzheimer’s Association – South Dakota Chapter\***

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

24/7 Helpline: 1-800-272-3900

605-339-4543

### **American Cancer Society of Sioux Falls\***

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

605-323-3540

### **Parkinson’s Associates of South Dakota\***

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

605-271-6113

### **The ALS Association Minnesota/North Dakota/South Dakota Chapter\***

[http://webmn.alsa.org/site/PageServer?pagename=MN\\_homepage](http://webmn.alsa.org/site/PageServer?pagename=MN_homepage)

South Dakota Office:

PO Box 2223

Sioux Falls, SD 57101

1-888-672-0484

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## NATIONAL RESOURCES

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

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### 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](http://www.alz.org) | 1-800-272-3900

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### Alzheimers.gov

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

[www.alzheimers.gov](http://www.alzheimers.gov)

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### 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](http://www.archrespite.org)

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### Caregiver Action Network

Information, educational materials, and support for family caregivers.

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

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### 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](http://www.eldercare.gov)

1-800-677-1116

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### 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](http://www.caregiver.org)

1-800-445-8106

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### 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](http://www.medicare.gov)

1-800-633-4227

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### 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](http://www.naela.org)

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### The National Clearinghouse for Long-Term Care Information

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

[www.aging.gov](http://www.aging.gov)

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## Social Security Administration

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

[www.ssa.gov](http://www.ssa.gov)

1-800-772-1213

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## Veterans Administration

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

[www.caregiver.va.gov](http://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](http://www.aarp.org/quicklink)

### AARP Caregiving Resource Center

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

[www.aarp.org/caregiving](http://www.aarp.org/caregiving)

1-877-333-5885

(1-888-971-2103 in Spanish)

For Spanish visit

[www.aarp.org/cuidar](http://www.aarp.org/cuidar)

Monday – Friday: 6:00 a.m.–  
10:00 p.m. CT

Saturday: 8:00 a.m. – 4:00 p.m. CT

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### 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

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### Advance Directive Forms

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

[www.aarp.org/advancedirectives](http://www.aarp.org/advancedirectives)

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### 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](http://www.aarp.org/caregivingapp)



### **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](http://www.aarp.org/rxapp)

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### **Care Provider Locator**

Search for home health, assisted living, nursing home, hospice and adult day care options near you.

<http://bit.ly/FindLTC>

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### **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](http://www.aarp.org/iheartcaregivers)

### **Juggling Life, Work and Caregiving**

AARP's gentle guide, by AARP Caregiving Expert Amy Goyer, provides practical resources and tips that are easy to find when you need them, whether you are caregiving day-to-day, planning for future needs or in the middle of a crisis. Equally important, the book helps you care for the caregiver— you—before, during and after caregiving. You'll find insight, inspiration and poignant stories from the author and other caregivers.

[aarp.org/caregivingbook](http://aarp.org/caregivingbook)

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### **Living Longer, Living Smarter**

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

[www.aarp.org/decide](http://www.aarp.org/decide)

### **Long-Term Care Calculator**

Calculate cost for long-term care by location, type, length of stay.

[http://bit.ly/LTC\\_Calc](http://bit.ly/LTC_Calc)

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### **Next Step in Care**

Get free caregiver guides and check lists on a variety of topics, including transitioning between care settings. The Next Step in Care campaign is provided by the United Hospital Fund, a 501(c)(3) organization.\*

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

*\*This is not an AARP resource. Any information you provide to the host organization shall be governed by its privacy policy.*

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# South Dakota

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Sioux Falls, SD 57108  
1-866-542-8172  
[aarp.org/sd](http://aarp.org/sd)

 [facebook.com/aarpsouthdakota](https://facebook.com/aarpsouthdakota)

 [twitter.com/@aarpsd](https://twitter.com/@aarpsd)