



NORTHEASTERN OKLAHOMA CAREGIVER RESOURCE GUIDE

AARP[®] Real Possibilities
Oklahoma

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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.



TULSA AREA RESOURCES

Family & Children's Services

Provides 53 life-changing programs for adults and children in mental health, substance abuse, and family services.

918-587-9471
www.fcsok.org

INCOG: Area Agency on Aging

Promotes independence, dignity, and health for senior citizens through advocacy, education, and support of community-based services. By providing a range of options that allow older adults to choose the home and community-based services and

living arrangements that suit them best, IAAA makes it possible for older adults to remain in their homes and communities as long as possible.

918-584-7526
www.incog.org/Agency_on_Aging/aaa_main.html

LIFE Senior Services

Specializes in home- and community-based services that promote healthy aging and services and support for family caregivers.

918-664-9000
www.lifeseniorsservices.org

Meals on Wheels

Provides nutritious meals and friendly, caring contact to elderly and disabled home bound individuals in Tulsa and surrounding areas. Meals on Wheels helps elderly and disabled home bound individuals to remain in their homes for as long as possible.

918-627-4105
info@mowtulsa.org

Program of All-Inclusive Care for the Elderly (PACE)

A program of All-Inclusive Care for the Elderly, is a comprehensive, coordinated senior health care program that uses a team approach to provide medical, social, nutritional, personal and home care services. LIFE PACE allows individuals in need of skilled nursing care to remain in their homes or community setting while receiving the care they need.

918-664-9000
www.LIFEPACE.org

Morton Comprehensive Health Services

Morton Comprehensive Health Services, Inc., a 501(c)(3) non-profit corporation, is one of Oklahoma's largest community health centers in the state. For more than 90 years, Morton has been providing comprehensive medical, dental and ancillary services to individuals regardless of race, religion, ethnicity, national origin or one's ability to pay for services.

918-587-2171
www.mortonhealth.com

Rebuilding Together Tulsa

The mission is to bring volunteers and communities together to improve the homes and lives of low-income homeowners to create a safe and healthy home for every person.

918-742-6241
www.rebuildingtogethertulsa.org

STATEWIDE RESOURCES

2-1-1

Information and referrals for community services available 24/7.

Call 211 or www.211oklahoma.org

ADvantage Waiver Program

Individuals must qualify financially for SoonerCare, be age 21 and over and not have intellectual disabilities or a cognitive impairment. Programs include adult day health, home-delivered meals, skilled nursing, case management, therapy and

specialized medical equipment and supplies.

1-800-435-4711
www.okhca.org/individuals.aspx?id=8143

Department of Human Services (DHS)

Adult and Family Services:
405-521-3076
www.okdhs.org/services/adult/Pages/default.aspx

Adult Protective Services:
405-521-3076
www.okdhs.org/services/adult/Pages/default.aspx

Adult Day Services:
1-800-498-7995
www.okdhs.org/services/aging/Pages/ads.aspx

Grandfamilies:
405-521-2328
www.okdhs.org/services/aging/Pages/grandfamilies.aspx

Health-Related and Medical Services
Includes in-home care for elderly and disabled persons, Medicare, patient assistance and SoonerCare.
405-521-3679
www.okdhs.org/services/health/Pages/default.aspx

Long-Term Care Ombudsman:
405-521-6734
www.okdhs.org/services/aging/Pages/ombudsman.aspx

Low-Income Home Energy Assistance Program:
1-877-653-4798
www.okdhs.org/services/liheap/Pages/UtilityServicesLIHEAPMain.aspx

Supplemental Nutrition Assistance Program (SNAP):
405-521-3444
www.okdhs.org/services/snap/Pages/default.aspx

Temporary Assistance for Needy Families (TANF):
405-521-4391
www.okdhs.org/services/tanf/Pages/TANFHome.aspx

Voucher Respite Program:
Provides payment for caregivers providing full-time care those with developmental disabilities
www.okdhs.org/services/dd/Pages/respite.aspx

Oklahoma City: 405-522-6925
Enid: 1-800-522-1064
Northeastern Oklahoma:
1-800-522-1075
Southern Oklahoma:
1-800-522-1086

GrandFacts

Information for grandparents raising grandchildren.
www.okdhs.org/services/aging/Pages/grandfamilies.aspx

Housing Repair

Rebuilding Together OKC:
405-607-0464
contact@rebuildingtogetherokc.org
Rebuilding Together Tulsa:

918-742-6241
www.rebuildingtogethertulsa.org

Legal Aid Services

1-855-488-6814
www.legalaidok.org

Long-Term Care Service of Protective Health Services

Oversees the health and safety of residents living in licensed long-term care facilities.

405-271-6868
www.ok.gov/health/Protective_Health/Long_Term_Care_Service

Medicaid Fraud

Report fraud committed by a SoonerCare member.

1-800-784-5887
405-521-3921
918-581-2885
www.ok.gov/oag

Money Follows the Person

A grant designed to transition individuals with disabilities and long-term illnesses from the



institution back into their homes in the community.

www.okhca.org/individuals.aspx?id=9476

Oklahoma Nursing Home Ratings

www.oknursinghomeratings.com

Oklahoma Office of Rural Health

Works with rural communities to help ensure their health care infrastructure is economically viable and to broaden and improve the access and quality of healthcare services.

405-840-6502
www.healthsciences.okstate.edu/ruralhealth/orh.cfm

Oklahoma State Cooperative Extension Service

Information, caregiving classes, and resources to help people age well.

Find your county extension office:
<http://countyext2.okstate.edu/>



Prescription Assistance

Helps with long-term prescription medication costs access assistance programs provided by pharmaceutical companies.

405-815-5126

Program of All-Inclusive Care for the Elderly (PACE)

A managed care model of acute and long-term care centered on the belief it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible. The goal is to maximize the participant's autonomy and ability to reside in their community while receiving quality care at lower cost relative to the Medicare, Medicaid and private-pay traditional payment systems.

Cherokee Elder Care–Tahlequah
918-453-5554
www.eldercare.cherokee.org

Life PACE–Tulsa
918-664-9000
www.LIFEPACE.org

Valir PACE Foundation–Oklahoma City
405-609-3600
www.valir.com

Senior Information Line

1-800-211-2116

Senior Health Insurance Counseling Program (SHIP)

Provides assistance with Medicare, Medicaid, Medicare supplements, Medicare Advantage, long-term care, and other related health coverage plans for Medicare beneficiaries.

1-800-763-2828

Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program

Empowers seniors to prevent healthcare fraud.

1-800-763-2828

SoonerCare (Oklahoma Medicaid)

1-800-987-7767

Weatherization Assistance Program

Helps lower-income households lower their utility bills and increase energy efficiency.

1-800-879-6552

NATIONAL RESOURCES

Alzheimer's Association

1-800-272-3900
www.alz.org/oklahoma

Cost of Care Comparison

Compare long term care costs across the country.

www.genworth.com/about-us/industry-expertise/cost-of-care.html

Health Insurance Marketplace

Shop and compare health plans available in the state.

1-800-318-2596
www.healthcare.gov

Medicare

1-800-633-4227
www.medicare.gov/forms-help-and-resources/contact/contact-medicare.html

Social Security

1-800-772-1213
www.ssa.gov/agency/contact/

Veterans Administration Caregiver Support

1-800-827-1000
www.caregiver.va.gov



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 Fraud Watch Network

Gives tips to avoid scams and fraud, avoid identity theft and give resources to consumers against potential cons and sign up for free Watchdog Alerts to stay up on con artists' latest tricks.

www.aarp.org/money/scams-fraud/fraud-watch-network

AARP HomeFit

Smart solutions for making your home into a “lifelong home” by making it comfortable, safe and a great fit.

Download in English and Spanish.

www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html

AARP Rx App

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

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

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126 N. Bryant Avenue
Edmond, OK 73034
1-866-295-7277
aarp.org/ok

 facebook.com/aarpoklahoma

 twitter.com/aarpoklahoma

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation's largest circulation publications, *AARP The Magazine* and *AARP Bulletin*. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.