

## Oklahoma Caregiver Resources

- *Oklahoma Senior Info-Line*: 1-800-211-2116 (or call 211). This number linked older Oklahomans and their caregivers to information and assistance in their areas.
- *Alzheimer's Association*: The Alzheimer's Association is a great resource for caregivers of any situation – not just Alzheimer's disease. This organization offers the following:
  - 24/7 helpline that is staffed by professionals who can help answer questions, as well as find local resources (1-800-272-3900). Their website also has a lot of information for caregivers – [alz.org](http://alz.org).
  - Care consultation: Trained consultants can help caregivers with care planning over the phone, via email, or in-person.
  - Support groups: There are a variety of support groups across Oklahoma, as well as online so caregivers always feel connected.
- *American Association of Retired Persons (AARP)* ([aarp.org](http://aarp.org)) provides an in-depth resource center for family caregivers. You can go through their website or call their resource line: 1-877-333-5885. Resources range from how to talk to your loved one about driving to understanding your loved one's finances. They also have an online community so you can connect with other caregivers. You can find local resources through their website.
- *Caregiver Action Network* ([caregiveraction.org](http://caregiveraction.org)) provides a lot of informational resources, as well as a story sharing platform for caregivers to tell their story. You can reach their Caregiver Help Desk by calling 1-855-227-3640. This number is only available between 7:00 am and 6:00 pm CST.
- *Next Step in Care* ([nextstepincare.org](http://nextstepincare.org)) provides easy-to-use guides and checklists to help family caregivers with their caregiving duties, as well as working with healthcare providers to plan and enact safe methods for chronically or seriously ill loved ones.