

THE STILLAGUAMISH SENIOR CENTER

In addition to using County staff the Caregiver Support Program contracts with three local service providers – and each has its own “specialty.”

The Stillaguamish Senior Center’s Caregiver Support Program serves the north, east and south County communities. Staff provides all services and specializes in facilitating Peer to Peer Connection groups (Support Groups).

Contact Information:

- Address: 18308 Smokey Point Blvd, Arlington, WA 98223
- Monday – Friday, 9:00 am – 5:00 pm
- North County: (425) 248-5276
- East and South County: (425) 248-5156

Service areas: Countywide - North, East and South County

Services Provided:

- Specialized Information about long-term care and caregiver support services.
- Assistance in learning about care options and gaining access to supportive services.
- TCARE Personal Caregiver Survey, Assessment, Care Plan, follow up services, and referrals to Respite services.
- Peer to Peer Connections Groups (Support Groups).
- Consultation services to cope with the changes and challenges (by appointment).
- Physical and Mental Wellness program referrals to cope with depression and medical issues.
- Opportunities to learn more about connecting to community resources.
- Caregiver training and education (increased skill building and self-care).
- Caregiver study groups.
- Home visits.
- Monthly films on caregiving issues

Special programs or events:

- Annual Health Fair
- **Monthly films on caregiving issues (alternating Evening / Afternoon Showings)**

Teepa Snow DVD's

Senior Gems: Your Guide to Supporting Family Members with Dementia.

It's All in Your Approach...

The Inevitable Hospital Stay – How to Advocate for You Loved One

The Art of Caregiving

Filling Your Day with Meaning

End of Life Care for People w/ Dementia

Why Do They Do That? Understanding Symptoms and Behaviors of Alzheimer's and Dementia

Maintain Your Brain

Wendy Lustbader DVD's

A Prescription for Caregivers – Taking Care of You

John Gipson DVD

Safety Net (pending)

Still Alice DVD

Alive Inside DVD by Dan Cohen

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The Relatives as Parents / Kinship Caregiver Program supports grandparents and other relatives raising children, (425) 248-5516

As you may know some parents are unwilling or unable to raise their own children. In some situations the State is required to step in - or - families ask the state to become involved.

Other times the children are raised by aunts, uncles, grandparents, and other relatives. They choose to address the problem on their own and take on all of the responsibilities and costs. It is these families who are the target audience for the Kinship Caregiver Support Program.

Services include:

- Information and assistance navigating service support systems (DSHS, Legal, DDD, etc.)
- Local peer to peer connection / support groups.
- Limited & temporary financial support for eligible families.
- Consultation, problem solving / situational counseling, and advocacy.
- [Snohomish County Resource Guide for Relatives as Parents](#) available by calling the phone number above.



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