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CAREGIVERS

COMMUNITY RESOURCE GUIDE

Together We Can Make a Difference

AARP
SPONSORED BY **Kansas City**



Family caregivers now have more support.

Family caregivers are caring for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, but a law known as the CARE Act in Missouri or the Kansas Lay Caregiver Act in Kansas helps make life just a bit easier.

The CARE (Caregiver Advise, Record, Enable) Act and the Kansas Lay Caregiver Act help family caregivers when their loved ones go into the hospital and as they transition home. The CARE Act and the Kansas Lay Caregiver Act require hospitals to:

- ♥ **Designate:** The family caregiver's name is recorded when a loved one is admitted to a hospital.
- ♥ **Inform:** The family caregiver is notified if the loved one is to be discharged to another facility or back home.
- ♥ **Instruct:** At discharge, the family caregiver is provided with instructions of the medical and nursing tasks—like wound care or injections—that they must perform for their loved one at home.

AARP fought for the CARE Act and the Kansas Lay Caregiver Act because supporting caregivers is a top priority for all of us. We hope you will cut out the card below and fold it around your insurance card to keep in your wallet. That way, you'll have important information about this new law available when you need it most.

For more information about caregiving resources, visit aarp.org/caregiving. To share your caregiving story, visit aarp.org/iheartcaregivers.

KEEP THIS CARD IN YOUR WALLET

WHEN YOUR LOVED ONE ENTERS THE HOSPITAL

Flip this card for information about

The CARE Act and the Kansas Lay Caregiver Act

They require hospitals to:

- ♥ **Designate:** The family caregiver's name is recorded when a loved one is admitted to a hospital.
- ♥ **Inform:** The family caregiver is notified if the loved one is to be discharged to another facility or back home.
- ♥ **Instruct:** At discharge, the family caregiver is provided with instructions of the medical and nursing tasks—like wound care or injections—that they must perform for their loved one at home.



YOU ARE NOT ALONE

The Caregivers Community Resource Guide is designed to help you find and connect to services and programs that support you and the person in your care. This Caregivers' Guide has become a reality as the result of diverse groups of people who recognized that a resource such as this would ensure that caregivers know where to turn.

If you have ever been a caregiver or are new to the role, it's not easy. In preparing the guide, we wanted to help caregivers identify resources they may need. And, learn ways to protect their own health and wellness.

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WHAT IS A CAREGIVER?

A caregiver takes care of an adult or child who cannot take care of themselves, either because of illness, age or disability. Your caregiving role may be long-term or short-term, based on the person's situation, care needs and condition.

CAREGIVING BY THE NUMBERS

So, exactly how many people are caregivers in the United States?

- About 65.7 million American adults (or 29% of the population) are caregivers to an ill or disabled relative
- 34.2 million Americans provide unpaid care to another adult over the age of 50
- LGBTQ older adults make up about 2.7 million of the growing aging population
- There are about 3 million LGBTQ caregivers to other LGBTQ or non-LGBTQ persons.

SOURCES: AMERICAN PSYCHOLOGICAL ASSOCIATION, AARP, CDC

PREPARING TO BECOME A CAREGIVER

If you are the primary caregiver to a person with a chronic health condition, be sure to work closely with their healthcare team — doctors, nurses, case managers or social workers.

Advise the individual's healthcare team that you are the primary caregiver and will need information on their health condition, what medications are required (and when) and what complications (if any) you should be aware of. Caregiving can be rewarding, stressful and overwhelming. Expect to be tired physically and emotionally. If you are the primary caregiver, advocate and decision-maker, you may be required to make major medical decisions with little to no time to process the information. Examples may include emergency hospitalization, surgery or other type of medical procedure. Depending on your role, you may have to provide consent on behalf of the person in your care.

WHAT ARE CAREGIVERS' RESPONSIBILITIES TO PERSONS IN THEIR CARE?

There could be a formal or informal caregiving arrangement. Formal or professional caregivers will require the patient or their representative to sign a contract or agreement that details the duties to be performed and the hours to be worked.

Unpaid caregivers generally have an informal arrangement, however they should consider completing documents such as a medical proxy or durable power of attorney if one isn't already in place. See page 5 for information about these documents.

Before you begin caring for someone, determine the level of care you will be responsible for providing. Consider:

- How much of your time can you commit? Will you be a full- or part-time caregiver?
- Will you be the primary caregiver or part of a team of caregivers?
- Are you expected to help with finances, housekeeping duties, prepare meals, provide transportation to and from appointments?
- Are you expected to help with bathing and grooming?
- Will you serve as the person who communicates with the patient's healthcare team?

If you are a primary caregiver, you will need to know what insurance coverage is available for health care services, medicine, home health services, or medical equipment. Contact the patient's insurance plan provider e.g., Medicare, Medicaid or private insurance. If they are uninsured, they may qualify for health insurance through a Federally Qualified Health Center (FQHC). Patients receive comprehensive healthcare on a sliding scale based on their income. See page 17 for local FQHCs.

IDENTIFY ORGANIZATIONS THAT PROVIDE CAREGIVING SERVICES, OR SUPPORT:

There are many resources available for every area of need — food, transportation, utility assistance, housing, medicine, visiting nurses, social workers, case managers and home health workers. We have provided a wide range of helpful resources starting on page 16.

COORDINATING CARE WHEN THERE IS MORE THAN ONE CAREGIVER

Planning ahead is key when you are working with multiple caregivers — paid or unpaid, family, friends or volunteers. This helps to avoid confusion and conflicts, and establishes a set routine. Everyone providing care should be clear about their specific roles and responsibilities.

ADVANCE CARE PLANNING DOCUMENTS ARE IMPORTANT

As a caregiver you will be required to show that you are legally authorized to discuss your loved one's medical information. If the person you are caring for hasn't selected and filed documents, it is important to determine next steps to give you that authority. Types of advance care planning documents you need include:

- Durable Power of Attorney for Healthcare Decisions (also known as health care proxy)
Note: this is the document that gives you as caregiver the authority to discuss your loved one's medical information.
- Healthcare Treatment Directive (also known as a Living Will)

Advance care planning involves making decisions ahead of time. It's important to let your family and healthcare providers know about your preferences in the event you are unable to speak for yourself. Share your documents — and most importantly, your wishes — with anyone who needs to know (for example, your family, your doctor, your pastor, etc.)

The Center for Practical Bioethics has developed easy to access forms to help you get started. Visit PracticalBioethics.org to download and print the Caring Conversations® Workbook. or give them a call at 816-221-1100.

LGBTQ+ older adults make up about 2.7 million of the aging population. In less than 10 years — in 2030 — that number is expected to more than double.

CAREGIVING SUPPORT FOR LGBTQ+ CAREGIVERS

Family members of choice often serve as caregivers and advocates for LGBTQ+ persons or even non-LGBTQ persons who don't have children or other close relatives who can help them. Family members of choice can be current or former partners, friends, neighbors and/or some relatives. NOTE: Family members of choice, chosen family or found family, are common within the LGBTQ community. They are persons who satisfy the typical role of family as a support system.

The LGBTQ community has faced years of discrimination, social stigma and health care disparities. As a result, LGBTQ persons are more likely to suffer from chronic diseases and struggle with their mental health. They are more likely to be caregivers and also help care for other “family members” in the peer network — and share information about resources.

Non-LGBTQ caregivers will need to be aware of LGBTQ-specific resources or openly affirming service providers. Please see page 18 for community resources.

FAMILY MEDICAL LEAVE

Under the **Family and Medical Leave Act** (FMLA) you may be eligible to take unpaid, job-protected leave for specified family and medical reasons. There are eligibility requirements for employers and employees.

Contact your company's Human Resources department for questions and information about their FMLA policy.

Eligible employees may take up to 12 workweeks of leave in a 12-month period for one or more of the following reasons:

- The birth of a son or daughter or placement of a son or daughter with the employee for adoption or foster care;
- To care for a spouse, son, daughter, or parent who has a serious health condition;
- For a serious health condition that makes the employee unable to perform the essential functions of his or her job; or
- For any qualifying urgent needs arising out of the fact that a spouse, son, daughter, or parent is a military member on covered active duty or call to covered active-duty status. Visit the U.S. Department of Labor's FMLA page to learn more.

SOURCE: US DEPARTMENT OF LABOR

OTHER IMPORTANT THINGS TO KNOW:

1. Preparing a home to care for someone who has limited mobility.

A home modification may be required to ensure the home is safe and accessible. Learn what may be required, see page 22, American Heart Association Home Modifications.

2. Preparing for discharge from a skilled facility, hospital or care setting.

Prior to someone being scheduled to return home, they receive instructions regarding at-home care and are assessed to ensure their safety and to avoid unlikely readmissions. Be sure to ask questions so that you and others understand the instructions.

3. What to expect if you need to have hospice or palliative care at home.

Work with the hospice/palliative care provider to understand the pain management and end-of-life care plan. See page 22 for Kansas City Hospice and Palliative Care.

4. Preventing falls.

Did you know that we are most likely to fall in the place we're most familiar — our homes? There are changes you can make to make your space safer and help avoid falls. A visiting nurse, occupational or physical therapist can visit the home to assess for fall risks.

Keep yourself and the person in your care safe

- Secure handrails on stairs
- Keep stairs, hallways and bathrooms well lit
- Remove area rugs, toys, books, shoes, etc.
- Invest in non-skid mats, socks and slippers

5. Helping children cope with a family member's illness during extended caregiving.

Talk with them and answer their questions. Even though younger children may not fully understand what is going on, they know when something is not quite right. Keep your conversation age-appropriate and explain your role as a helper. They may want to pitch in and help, too. Just like adults, young people need breaks. Encourage play, exercise and reading time to help them cope. And listen when they want to talk.

THE FUTURE OF CAREGIVING

The need for caregivers will increase as the baby boomer generation ages. We are also living longer and many seniors are choosing to stay in their homes. The number of people caring for aging relatives and/or friends will be on the rise for the next 20 years and beyond.

We encourage you to keep this guide handy, as well as check for periodic updates on our website at kcourhealthmatters.com.



CAREGIVER SELF-CARE

Take time to refresh.

Plan time with other family members and friends.

Don't stop living.

Make no mistake about it, caregiving is hard and can be stressful. Don't neglect your own physical and mental health. You can't take care of anyone if you don't take care of yourself. Here are some tips:

- Be sure to get plenty of rest
- Exercise
- Eat healthy
- Pay attention to how you feel physically and mentally.
- Speak up. Don't be afraid to ask for help, if you need it.
- Talk to your healthcare provider. Let your doctor know you are a caregiver. They can provide tips and medical advice for guarding your own physical and mental health.

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**CHRONIC
HEALTH
CONDITIONS**

CHRONIC HEALTH CONDITIONS

A number of health conditions can impact a person's life to the point that they need help to manage daily living activities. For this guide, we have listed a few chronic conditions or diseases that may impact a person's health to the point of needing a caregiver.

We encourage everyone to get regular health screenings at least on a yearly basis. Annual checkups and early detection can be key to helping to manage the severity (and progression) of certain chronic diseases. If you have any questions or concerns about your health, always talk to your healthcare provider.

DIABETES

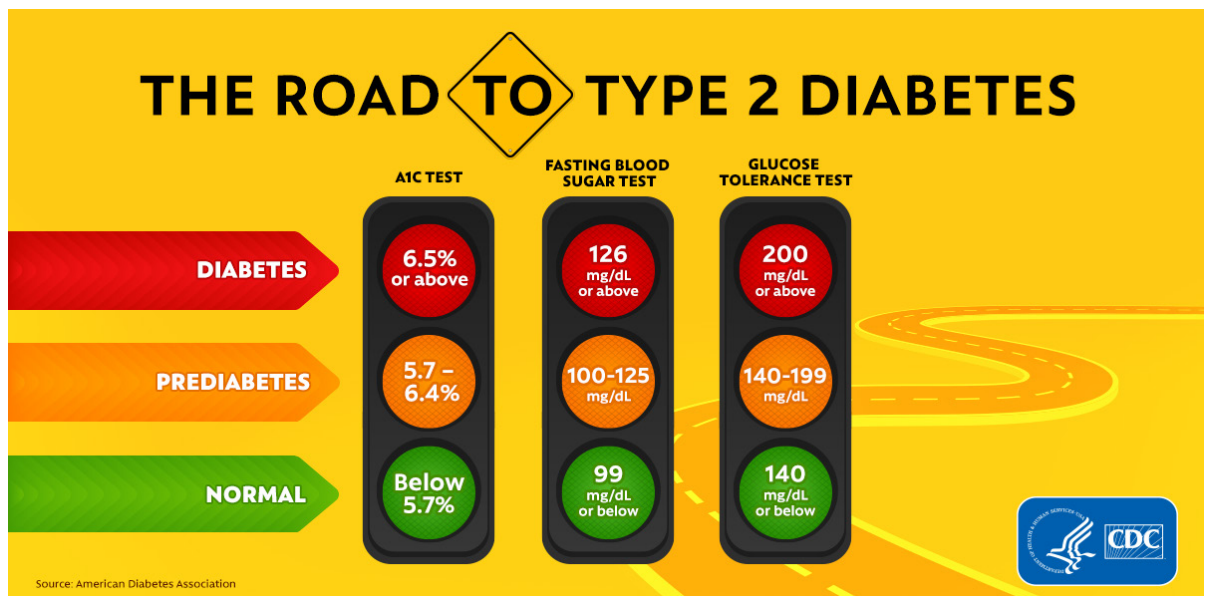
According to the American Diabetes Association, in 2018, 34.2 million Americans had diabetes. Of the 34.2 million adults with diabetes, 26.8 million were diagnosed, and 7.3 million were undiagnosed.

There are two common types of diabetes: Type 1 and Type 2.

The pancreas produces a hormone called insulin. In diabetics, the pancreas may produce too much insulin or not enough. This can cause the glucose (sugar) level in the blood to be too high or too low — both life-threatening conditions.

People who suffer from prediabetes and Type 2 diabetes may have high blood pressure, high cholesterol, and high blood sugar numbers. Another risk factor is being obese or overweight.

All four risk factors can also increase the risk of heart disease, stroke and other serious health conditions. That's why it's important for patients (and their caregivers) to pay close attention to the numbers indicated in their lab tests and health screenings for: blood sugar, cholesterol levels, blood pressure and weight.



CONTINUED ON PAGE 12

It's Not Complicated JUST PLAIN TALK

Over the past five years Plain Talk About Diabetes has garnered more than 3,000 steady listeners and a Facebook following of nearly 5,000.



Jim “Granddad” Nunnelly

Janice “Nana” Nunnelly

Just Plain Talk. This is what husband and wife team, Jim and Janice Nunnelly discovered after many conversations about how Jim would conquer living healthy with diabetes and other underlying conditions. As retirees from different professions in healthcare, they know personally and professionally how African Americans are severely and disproportionately impacted by chronic preventable conditions, and diabetes in particular. Without hesitating, Janice Nunnelly embraced her new roles — caregiver and relentless supporter of a husband living with diabetes.

The Nunnelly’s new mission evolved into “Plain Talk About Diabetes,” a weekly radio show (Mondays 1 PM on Gospel 1590AM) and perpetual community forums and campaigns that share health care information targeted to African Americans.

There is often a conversation gap that exists between patients and their medical providers. Breaking down these barriers is the primary goal of “Plain Talk About Diabetes”. What is the missing piece to helping people living with diabetes? Have “plain people” talk “plainly and simply” about diabetes. Push hard on the importance of knowing your A1C (a three-month average of your glucose reading) to better manage diabetes; eat healthier, use portion control and by all means — exercise! More importantly, learn what questions to ask your healthcare providers. These small steps lead to big achievements.

The Caregivers Community Resource Guide is another example of the Nunnelly’s leadership to mobilize people from diverse backgrounds, professions, races and interests, to make a difference. We want to thank everyone for their help to make this guide a reality. —Jim and Janice Nunnelly

DIABETES SIGNS AND SYMPTOMS TO BE AWARE OF:

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual
- Abnormal glucose (sugar) test may indicate you are at risk of developing diabetes.

If you are diagnosed as prediabetic or diabetic (Type 1 or Type 2), commit to working closely with your healthcare team to help you manage the disease.

SOURCE: AMERICAN DIABETES ASSOCIATION

CHRONIC KIDNEY DISEASE

Chronic kidney disease (CKD) can be caused by diabetes or high blood pressure and can increase the risk of heart and blood vessel (vascular) disease. If you have been diagnosed with CKD, it is critical that you follow your doctor's instructions.

CKD is progressive, meaning that it can get worse over time without proper management. It can progress to the stage where one or both kidneys cease to function on their own and dialysis or a transplant may be required.

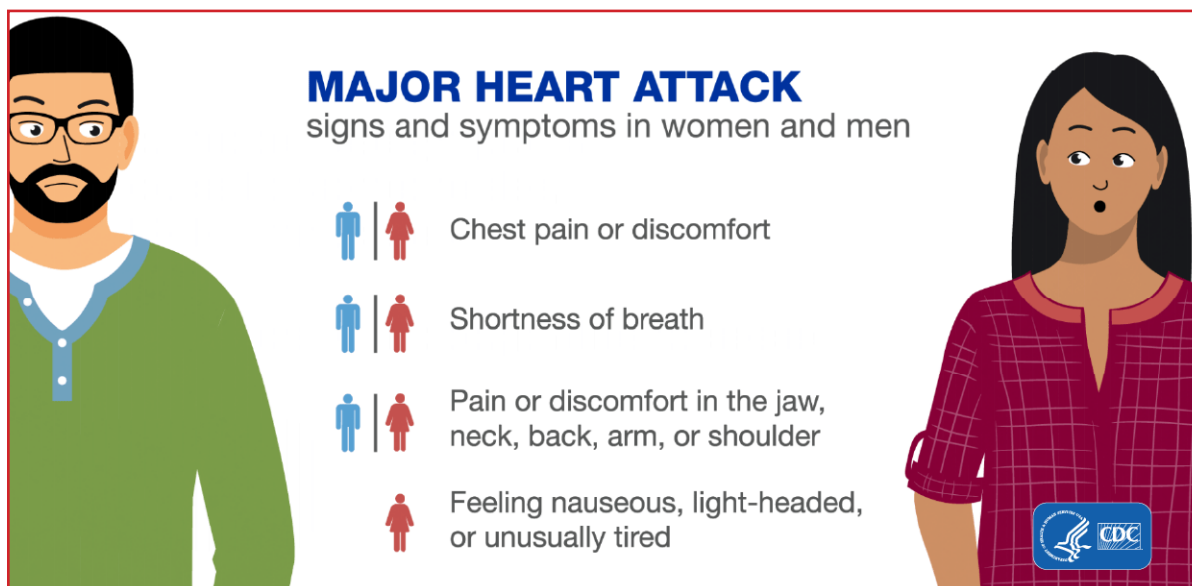
The good news is that you can help slow the progression of CKD if it is diagnosed in the early stages.

Common signs and symptoms of chronic kidney disease include:

- Anemia
- Blood in urine
- Dark urine
- Decreased mental alertness
- Decreased urine output
- Edema — swollen feet, hands, and ankles (face if edema is severe)
- Fatigue (tiredness)
- Hypertension (high blood pressure)

HEART ATTACK

A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).



So, how does a person know if they are having a heart attack?

The symptoms can vary between men and women. One common symptom in men and women is chest pain (also known as angina) or discomfort. ***If you have any of these symptoms or signs, call 9-1-1 and get to a hospital right away.***

Symptoms of a heart attack in men include:

- Standard chest pain/pressure that feels like “an elephant” is sitting on your chest, with a squeezing sensation that may come and go or remain constant and intense
- Upper body pain or discomfort, including arms, left shoulder, back, neck, jaw, or stomach
- Rapid or irregular heartbeat
- Stomach discomfort that feels like indigestion
- Shortness of breath, may leave you feeling like you can’t get enough air
- Dizziness or feeling like you’re going to pass out
- Breaking out in a cold sweat

Symptoms of heart attack in women include:

- Unusual fatigue lasting for several days or sudden severe fatigue
- Sleep disturbances
- Anxiety
- Lightheadedness
- Shortness of breath
- Indigestion or gas-like pain
- Upper back, shoulder, or throat pain
- Jaw pain or pain that spreads up to your jaw
- Pressure or pain in the center of your chest, which may spread to your arm

SOURCE: AMERICAN HEART ASSOCIATION

CANCER

Cancer is a disease in which some of the cells in the body grow uncontrollably and spread to other parts of the body. Three of the most common cancers are breast (women), lung (men and women) and prostate (men).

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply (through a process called cell division) to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place. Sometimes this orderly process breaks down, and abnormal or damaged cells grow and multiply when they shouldn't. These cells may form tumors, which are lumps of tissue. Tumors can be malignant (cancerous) or benign (not cancerous)

Early detection is the key to identifying cancer early to increase one's ability to find proper care and treatment. Ask your healthcare provider about screenings you need based on your age and gender.

SOURCE: NATIONAL CANCER INSTITUTE

DEMENTIA

Dementia is a general term for the impaired ability to remember, think, or make decisions that impact everyday activities. Alzheimer's disease is the most common type of dementia, but it is only one of many diseases classified as dementia. Though dementia mostly affects older adults, it is not a part of normal aging.

According to the CDC, it is projected that by the year 2060, 14 million Americans will be impacted by some form of dementia. Dementia symptoms can vary widely from person to person.

People with dementia have problems with:

- Memory
- Attention
- Communication
- Reasoning, judgment, and problem solving
- Visual perception beyond typical age-related changes in vision

Signs that may point to dementia include:

- Getting lost in a familiar neighborhood
- Using unusual words to refer to familiar objects
- Forgetting the name of a close family member or friend
- Forgetting old memories
- Not being able to complete tasks independently

If you or a loved one are experiencing symptoms or signs, talk to your healthcare provider about getting screened for dementia.

SOURCE: CDC.GOV

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COMMUNITY RESOURCES

Together We Can Make a Difference

CAREGIVERS RESOURCE GUIDE

This first edition of the Caregivers Resource Guide is designed for caregivers, their families, individuals and organizations working with this population. We know there are many basic needs that should not go unmet, such as access to quality health care, food and a variety of community support. We have included resources to help you during your caregiver journey. Keep this book handy and refer to it often. YOU ARE NOT ALONE.

PRESCRIPTION ASSISTANCE AND MEDICAL SUPPLIES

KANSAS CITY'S MEDICINE CABINET (KCMC)

Assistance for low/moderate-income and uninsured metro-area residents. If you're facing a medical emergency and qualify for services they cover 100% of the costs. For information about qualifications, visit the website at kcmedicinecabinet.org/get-help/. Contact one of these locations near you. For more information call (816) 276-7517.

Assistance provided includes:

- Emergency dental care (fillings and extractions)
- Diabetic supplies
- Durable medical equipment (wheelchairs, walkers, etc.)
- Prescriptions (no controlled substances)
- Vision exam, eyeglasses, hearing aids

***Se habla español**

MISSOURI

Bishop Sullivan Center

6435 Truman Rd.
KCMO 64126
816- 231-0984

Bishop Sullivan Center

3936 Troost Ave.
KCMO 64110
816- 561-8515

Community Assistance Council

10901 Blue Ridge Blvd.
KCMO 64134
816-763-3277
Call for additional locations

Good Samaritan Center

108 Thompson Ave.
Excelsior Springs, MO 64024
816-630-2718

Grandview Assistance Program

1121 Main St.
Grandview, MO 64030
816-761-1919

Guadalupe Centers*

315 Colbern St.
Belton, MO 64012
816-348-1182

Jewish Family Services /at the J

425 E. 63rd St.
KCMO 64110
816-333-1172

Lee's Summit Social Services

108 S.E. 4th St.
Lee's Summit, MO 64063
816-525-4357

Metro Lutheran Ministry

1100 N.E. Vivion Rd.
KCMO 64118
816-454-5295

Metro Lutheran Ministry

3031 Holmes St.
KCMO 64109
816-931-0027

Reconciliation Services

3101 Troost Ave.
KCMO 64109
816-931-4751

The Salvation Army - Southland Corps

6111 E. 129th St.
Grandview, MO 64030
816-763-3244, Ext 102

KANSAS

The Salvation Army - Harbor Light Village

6723 State Ave.
KCKS 66102
913-232-5400

El Centro*

650 Minnesota Ave.
KCKS 66101
913-677-0100

El Centro*

500 E. Santa Fe
Olathe, KS 66061
913-829-7800

CAREGIVER RESOURCE GUIDE

Jewish Family Services at the J
5801 W. 115th St., Ste. 103
Overland Park, KS 66211
913-327-8250

**Johnson County
Human Services**
11811 S. Sunset, Ste. 1300
Olathe, KS 66061
913-715-6653

HEALTHCARE SERVICES

Federally Qualified Health Centers provide health care on a sliding scale based on one's income and ability to pay. Call individual locations for information about services. If you have private insurance call the number on your member ID card to get referrals to medical providers in your network.

**SAMUEL U. RODGERS
HEALTH CENTER**
SAMRODGERS.ORG

Comprehensive adult and children's health care; behavioral health and dental care for all ages. Call locations about services.

Downtown Campus
825 Euclid Ave.
KCMO 64108
816-474-4920

SURHC - Cabot Westside
2121 Summit St.
KCMO 64108
816-471-0900

**SURHC - Northland Prenatal
& Pediatric Clinic**
5330 N. Oak Trfwy.
KCMO 64118
816-499-8100

**SURHC - Clay County Family
Medicine & Dental**
800 Haines Drive
Liberty, MO 64068
816-413-0662

SWOPE HEALTH
SWOPEHEALTH.ORG

Swope Health services include: adult and children's health care, dental, behavioral health, pharmacy, lab, optometry and radiology. Call individual locations for details about services.

Swope Health Central
3801 Dr. Martin Luther King Jr., Blvd.
KCMO 64130
816-923-5800

Swope Health East
17844 E. 23rd St.
Independence, MO 64057
816-599-5015

Swope Health Independence
11320 E. Truman Rd.
Independence, MO 64050
816-599-5201

Swope Health West
6013 Leavenworth Rd.
KCKS 66104
913-321-2200

Swope Health West
4835 State Ave.
KCKS 66102
913-321-2200

Swope Health Wyandotte
21 N. 12th St., Suite 400
KCKS 66102
816-599-5111

VIBRANT HEALTH
VIBRANTHEALTHKC.ORG

A Federally Qualified Health Center in Wyandotte County, KS. Services include adult and children's health, dental, behavioral health and pharmacy. Services provided regardless of one's ability to pay. Interpretations for over 200 languages. Same day appointments are available.

Vibrant Health Central
21 N 12th St. Suite 300
KCKS 66102
913-342-2552

Cordell D. Meeks, Jr., Clinic
4313 State Ave.
KCKS 66102
913-342-2552

Children's Campus
444 Minnesota Ave.
KCKS 66101
913-342-2552

ARGENTINE
1428 S. 32nd St. #100
KCKS 66106
913-342-2552

VETERANS SERVICES
KANSASCITY.VA.GOV

The Veterans Administration Medical Center provides health care, mental health services and support services for veterans and their families.

**Kansas City Veterans Admin.
Medical Center**
4801 Linwood Blvd.
KCMO 64128
816-861-4700
kansascity.va.gov

Provides health care and mental health services for veterans and their caregivers.

**Kansas City Veterans Admin.
Medical Center**
Diabetes Self-Care Education
816-861-4700 x57985

**Kansas City Veterans Admin.
Medical Center**
Skilled Home Health Care
816-861-4700

Services provided by home health agency contracted with the VA; include medical care, skilled nursing, specialized therapy and in-home support.

CAREGIVERS RESOURCE GUIDE

LGBTQ+ HEALTHCARE

KC Care Health Center

3515 Broadway
KCMO 64111
816-753-5144
kccare.org

KC Care Health Center is a Federally Qualified Health Center providing primary health services based on one's ability to pay. Services: HIV/AIDS testing, medication therapy, mental health support; adults, seniors and pediatric care, dental and pharmacy.

University Health LGBTQ Specialty Clinic

Diabetes & Endocrinology Center
2310 Holmes St., 6th FL
KCMO 64108
816-404-4086
universityhealthkc.org

DIABETES RESOURCES

The University of Kansas Health System

Cray Diabetes Self-Management Center

3901 Rainbow Blvd.
KCKS 66160
913-588-6022 OPT 4

North Kansas City Hospital Living With Diabetes Program

2800 Clay Edwards Dr.
North KCMO 64116
816-691-1666
nkch.org

Truman Medical Center/ University Health Diabetes Clinic

2301 Holmes St.
KCMO 64108
816-404-4070
universityhealthkc.org

Diabetes education, self-care and management support.

Black Healthcare Coalition

6400 Independence Ave.
KCMO 64125
816-444-9600
bhccckc.org

Caregivers receive support and resources to better manage chronic health conditions.

PUBLIC HEALTH DEPARTMENTS

Current COVID-19 vaccination information; vital records, birth certificates, death certificates

Clay County, MO Health Department

816-595-4200
clayhealth.com

City of Independence, MO Health Department

816-325-7019
ci.independence.mo.us

Jackson County, MO Health Department

816-404-6415
jacohd.org

Kansas City, MO Health Department

816-513-6008
kcmo.org

Platte County Health Department

816-587-5998
plattecountyhealthdept.com

JOHNSON COUNTY, KANSAS DEPARTMENT OF HEALTH AND ENVIRONMENT (JCDHE) JOCOGOV.ORG

JCDHE is the official public health agency for the county. Services include, but are not limited to: immunizations, TB testing, injury prevention, chronic disease risk reduction initiatives, and community wellness activities. For information call 913-826-1200.

Johnson County, KS

913-715-5000
jocogov.org

Wyandotte County Health Department

913-573-8855
wycokck.org

SENIOR CENTERS

Senior centers promote independence and healthy lifestyles for seniors. Many centers offer on-site meals, Meals on Wheels, food pantries, transportation for disabled, referrals for health screenings and a variety of other needs. Call to learn what services they provide.

Mid-America Regional Council

816-474-4240
marc.org

MARC-sponsored community and senior centers provide a comfortable place for older adults to share a meal, learn new skills and participate in activities. Centers serve 60 years or older, as well as eligible spouses. Call to learn what services they provide.

Don Bosco Senior Center

580 Campbell St.
KCMO 64106
816-691-2900
donbosco.org

Community Assistance Council

10901 Blue Ridge Blvd.
KCMO 64134
816-763-3277

Mohart Multipurpose Focus Center

3200 Wayne
KCMO 64109
816-513-4529

CAREGIVERS RESOURCE GUIDE

Palestine Senior Citizen Activity Center

3325 Prospect
KCMO 64130
816-921-1963

Hot meals, food pantry and toiletries, adult diapers

Kansas City Shepherd's Center

5200 Oak St.
KCMO 64112
816-444-1121
kcshepherdscenter.org

Meals on Wheels, handyman repair, senior companion, medicare counseling and telephone reassurance. Call for additional resources.

Shepherd's Center of Raytown

7900 Blue Ridge Blvd.
KCMO 64138
816-356-9000

The View Community Center

13500 Byars Rd.
Grandview, MO 64030
816-316-4888
grandview.org

Guadalupe Centers

1015 W. 23rd St.
KCMO 64108
816-218-0972
guadalupecenters.org

Call ahead for meals on wheels and on site hot meals; limited transportation

IN-HOME CARE

MO Dept. of Social Services

health.mo.gov/seniors/

Missouri Care Options

Call 866-835-3505

Financial Assistance for In-Home Care in Missouri. This program is part of the state Medicaid plan. Benefits include homemaker services and assistance with

personal care, e.g., eating, bathing, grooming and dressing, nursing services, adult day care and respite care. Must be age 18 or older and eligible for Medicaid.

ADULT DAY CARE

MO Dept. Health & Senior Services

573-526-8524
health.mo.gov/seniors/
nursinghomes/adultdaycare

Adult Day Care programs provide respite, therapeutic, rehabilitative, social and leisure activities in a monitored setting. Visit website for licensed adult day care centers.

FOOD ASSISTANCE

MEALS ON WHEELS — KANSAS CITY

Kansas City Shepherd's Center Meals on Wheels

816-444-1121
Delivers nutritious meals to seniors unable to prepare own meals; are homebound, 60 + years old, or disabled.

MEALS ON WHEELS — KANSAS

Wyandotte/Leavenworth Area Agency on Aging wycokck.org

Unified Government of Wyandotte County and Kansas City, KS 913-573-8531

FOOD STAMPS — MISSOURI

To apply for Food Assistance SNAP (Supplemental Nutrition Assistance Program)
Call 855-373-4636
mydss.mo.gov (search for SNAP)

FOOD STAMPS — KANSAS

To apply for Food Assistance SNAP (Supplemental Nutrition Assistance Program) Kansas Department for Children and

Families Call 888-369-4777
dcf.ks.gov (search for SNAP)

HARVESTERS FOOD PANTRIES **HARVESTERS.ORG**

Harvesters provides food to its network of member agencies who in turn provide help to individuals and families at risk of hunger throughout the community. Visit the website and enter your zip code to find locations near you, or call 816-929-3000 for days and times food is distributed.

Bishop Sullivan

3936 Troost
KCMO 64110
816-561-8515

Jewish Family Services

425 E 63rd St.
KCMO 64110
913-327-8250
jfskc.org

St. James United Methodist

5540 Wayne Ave.
KCMO 64110
816-444-5588
sjumckc.org

Metropolitan Missionary B.C.

2310 E. Linwood Blvd.
KCMO 64109
816-923-3689

Salvation Army

101 W. Linwood Blvd.
KCMO 64111
816-756-2769

Shepherd's Center of Raytown

7900 Blue Ridge Blvd.
KCMO 64138
816-356-9000

Metro Lutheran Ministry

3031 Holmes St.
KCMO 64109
816-931-0027
www.mlmkc.org

CAREGIVERS RESOURCE GUIDE

Northeast Presbyterian Church

301 S. Van Brunt Blvd.
KCMO 64124
816-241-2083
northeastminster.org

St. Therese Catholic Church

5814 Euclid
KCMO 64130
816-444-5406

The Salvation Army

6111 E 129th St
Grandview, MO 64030
816-763-3244

Salvation Army

532 S. Main
Independence, MO 64050
816-252-3200

LEE'S SUMMIT, MO

Abundant Life Food Pantry

1300 SW Jefferson
Lee's Summit, MO 64081
816-554-8181

Faith Baptist Church

1460 Langsford Road
Lees Summit, MO 64063
816-524-4214

Dayspring Pentecostal Church

9910 E Bannister Road
KCMO 64134
816-765-0360

GRANDVIEW, MO

Second Missionary Baptist

5111 Harry S Truman Drive
Grandview, MO 64030
816-763-3999

KANSAS FOOD ASSISTANCE

Cross-Lines Community Outreach

736 Shawnee Ave.
KCKS 66105
913-281-3388
Cross-lines.org

Also rent and utility assistance

The Salvation Army

6723 State Ave.
KCKS 66102
913-232-5400
centralusa.salvationarmy.org

El Centro*

650 Minnesota Ave.
KCKS 66101
913-677-0100 EXT 101
elcentroinc.com

Jewish Family Services at the J

5801 W. 115th St., Ste. 103
Overland Park, KS 66211
(913) 327-8250

Mt. Carmel Redevelopment Corp.

1130 Troup Ave.
KCKS 66104
913-621-4111

EMERGENCY ASSISTANCE RENT AND UTILITIES

MISSOURI

You may be eligible for funding for emergency rental and utilities assistance which is distributed through existing community agencies. Call agencies regarding eligibility.

Catholic Charities of Kansas City & St. Joseph

4001 Blue Parkway
KCMO 64130
816-221-4377
catholiccharities-kcsj.org

Community Linc

Temporary housing services
816-531-3727
communitylinc.org

Community Assistance Council

Rent and utility assistance
10901 Blue Ridge Blvd.
KCMO 64134
816-763-3277 ext. 108
cackc.org

Grandview Assistance Program

1121 Main St.
Grandview, MO 64030
816-761-1919
gapcares.org

KANSAS

The Salvation Army

6723 State Ave.
KCKS 66102
913-232-5400
centralusa.salvationarmy.org

El Centro*

650 Minnesota Ave.
KCKS 66101
913-677-0100

Jewish Family Services at the J

5801 W. 115th St., Ste. 103
Overland Park, KS 66211
913-327-8250

Johnson County Department of Multi Services

913-715-6653
jocogov.org

Mt. Carmel Redevelopment Corp.

1130 Troup Ave.
KCKS 66104
913-621-4111

HOUSING ASSISTANCE

MISSOURI

Housing Authority of Kansas City, MO

920 Main St. Suite 701
KCMO 64105
816-968-4100
hakc.org

KANSAS

KCK Housing Authority

Helps families with low and moderate incomes identify housing.
1124 North 9th St
KCKS 66101
913-281-3300
kckha.org

CAREGIVERS RESOURCE GUIDE

Kansas Housing Resources Corporation

They help Kansans find safe, affordable housing.
785-217-2001

kshousingcorp.org/emergency-rental-assistance

ACCESSIBILITY SERVICES

Rehabilitation Services for the Blind

800-592-6004

Accessibility Services

Relay Missouri Information line for hearing and/or speech impaired

711 Accessibility Services

Text Telephone

1-800-735-2966

TTD Voice Access 800-735-2466

TRANSPORTATION

Kansas City Area Transportation Authority

Public Transportation

816-221-0660

kcata.org

TRANSPORTATION FOR PEOPLE WITH DISABILITIES

RideKC Freedom MO & KS

816-842-9070

Also visit Ridekc.org

RideKC Veterans Pass

Free bus transportation

Show ID with veteran status

816-221-0660

Assisted Transportation (Wheelchair)

913-262-5190 or 1-800-716-0181

assistedtransportation.com

Express Medical (Wheelchair and Stretcher)

Private Pay

816-503-6545

expressmt.com

Johnson County Catch-A-Ride

Must have application on file.

Complete an application by phone.

913-715-8900

jocogov.org/dept/human-services/accessibility/catch-ride

OATS Transit

1-800-480-6287

oatstransit.org

LEGAL SERVICES — KANSAS

Kansas Legal Services

400 State Ave., Suite 1015

KCKS 66101

913-621-0200

kansaslegalservices.org

Kansas Legal Services helps low income Kansans with legal and mediation services, free or low cost.

Elder Law Hotline for Kansans over 60

1-888-353-5337

Lawyer Referral Service

The Kansas Bar Association.

To request a free referral call

1-800-928-3111

ksbar.org

LEGAL SERVICES — MISSOURI

Legal Aid of Western Missouri provides free civil (non-criminal) legal assistance to people who can't afford legal fees: Assists with Supplemental Security Income (SSI) and Social Security Disability Income (SSDI) benefit appeals; Blind Pension and Supplemental Aid to the Blind

Legal Aide of Western MO

Central Office — KC

4001 Dr. Martin Luther King, Jr.

Blvd., Suite 300

KCMO 64130

816-474-6750

Lawmo.org

Missouri Legal Help Line

1-800-235-5503

moaging.com

health.mo.gov/seniors/caregiver

Assistance with Living Wills, Advance Directives, Wills and Trusts, and other Civil Issues. Report elder abuse, neglect, exploitation of elderly or adult with disability; Medicaid home and community based services.

IMPORTANT NUMBERS

DIAL 9-1-1 for Medical Emergencies

United Way 211

DIAL 2-1-1 or 866-320-5764

available 24/7

211KC.org

email 211kc@uwgkc.org.

United Way of Greater Kansas City provides free information for all types of community resources.

MISSOURI

Missouri Department of Health and Senior Services COVID Update

573-751-6400

COVID-19 Hotline: 877-435-8411

KANSAS

Kansas Department of Health and Environment COVID Update

785-296-1500

COVID-19 Hotline: 877-427-7317

National Suicide Prevention Lifeline

1-800-273-8255 or 9-8-8

The Lifeline provides 24/7, free and confidential support for people in distress. They also provide prevention and crisis resources for you or your loved ones. suicidepreventionlifeline.org/

CAREGIVERS RESOURCE GUIDE

**Consumer Complaint
Protection Hot Line**
1-800-392-8222

**Kansas City, MO
Police Department**
Non-Emergency 816-234-5111

INSURANCE

Health Insurance Marketplace
1-800-318-2596

Healthcare.gov is the online marketplace for health insurance plans. The Health Insurance Marketplace is for people who don't have health insurance and those who need affordable plans, based on their ability to pay.

**MO HealthNet for Kids
Missouri Department
of Social Services**

The MO HealthNet for Kids Program provides health insurance for uninsured children. Children receive full, comprehensive coverage including primary, acute and preventative care, hospital care, dental and vision care as well as prescription coverage.

Missouri Medicaid

Medicaid has expanded to serve more adults. Income Limits for Single Adults up to \$17,772. Income limits for Adults in Family of 4 up to \$36,576. Call Samuel Rodgers Health Center at 816-889-4797 for application assistance.

SPECIAL NEEDS

Alphapointe Kansas City
Low-Vision Clinic
7501 Prospect Ave.
KCMO 64132
816-237-2020
Alphapointe.org
Low vision services for people who no longer benefit from corrective

lenses or surgery. Provides optical devices for low cost or free, depending on eligibility. Medicaid, Medicare and most insurance plans accepted.

Children's Center for the Visually Impaired

816 841-2284
ccvi.org

Serves children with vision impairment and with any disability that affects the child's ability to learn in a general education classroom setting.

Ability KC

816 751-7700
abilitykc.org

Provides medical rehabilitation for children and adults. Includes, physical, occupational and speech therapies in an intensive day program setting.

The Whole Person

816-561-0304
thewholeperson.org

Provides services to persons with physical, sensory and mental disabilities. Helps clients with independent living skills training, advocacy, information and referral assistance, peer support and transition services.

American Heart Association Home Modifications

There are home modifications you can make to better match your abilities to your environment after an illness.. Visit stroke.org

DISCOUNT PRESCRIPTION CARDS

Compare prices, find FREE coupons and save up to 80%

Good RX

Accepted at most pharmacies.
Goodrx.com

Single Care

Accepted at most pharmacies.
Singlecare.com

Well RX

Accepted at most pharmacies.
Wellrx.com

**AARP® Prescription
Discounts by OptumRx®**
aarp-pharmacy.com/

SUPPORT GROUPS

Caregivers can find health tips, support and referrals from local organizations. A few include:

Alzheimer's Association

communityresourcefinder.org
find a wide range of caregiver resources at the Community Resource Finder website.

Cancer Action of KC

Kansas: 913-642-8885
Missouri: 816-350-8881
Provides comfort and practical items: bras, prosthesis, wigs, neck pillows, chemo bags and more.
canceractionkc.org

National Kidney Foundation of Kansas City

kidney.org

American Heart Associations
heart.org

American Diabetes Association
diabetes.org

Kansas City Hospice and Palliative Care

816-363-2600
kchospice.org

**Solace House for Grief
and Healing** (ages 3 and up).
913-341-0318 — kchospice.org

Overeaters Anonymous®

Help with spiritual, emotional physical recovery
oa.org

CAREGIVERS RESOURCE GUIDE

Gilda's Club Kansas City
Cancer Support
816-531-5444
gildasclubkc.org

Hope After Suicide Support Group
800-273-8255

Turning Point
913-574-0900
turningpointkc.org
Email: turningpoint@kumc.edu

Helps families address psychological, social, emotional and physical needs that come with a serious or chronic illness.

Missouri Regional Arthritis Centers
Free community programs
moarthritis.org/

Many people are affected by one or more chronic health conditions, such as arthritis, asthma, diabetes, heart disease, high blood pressure, to name a few. Actively engaging in self-management techniques and physical activities, can help to improve the quality of life of people with arthritis. Visit the website moarthritis.org for more information on peer-led classes and where to find them.

LGBTQ+ COMMUNITY RESOURCES

Kansas City Center for Inclusion
3740 Broadway, Blvd., #2W
KCMO 64111
816-753-7770
inclusivekc.org

A safe place for lesbian, gay, bisexual, transgender, queer, at-risk and straight teen allies, ages 13-18 in the Greater Kansas City community to grow and share their views on societal issues.

HEALTHY LIFESTYLE

City of KC Parks & Recreation Department
816-513-7500
kcparks.org

There are more than 200 parks in urban Kansas City and numerous fitness and recreation centers equipped to support active living—all contributing to a healthier lifestyle for children and adults. Caregivers and their families will benefit from programs that support personal fitness goals.

Calvary Community Outreach Network
2940 Holmes St.
KCMO 64109
816-531-4683
ccon-kc.org

The Calvary Community Wellness Center provides health education on prevention of chronic conditions, health screenings, healthy nutrition and personal fitness. Call for program information.

“Remember to take care of your own health so that you can be strong enough to take care of your loved one.”

You Are Not Alone

WE ARE IN THIS TOGETHER

Caregiving is a journey you should not face alone. It is our hope you find this FIRST EDITION of the Caregivers Community Resource Guide helpful for needs that may arise as you, or someone you know are caring for a loved one. While it is not an exhaustive list of resources our community has to offer, it is a good start.

We would like to thank numerous community advocates, organizations and caregivers who shared in the vision for developing this guide. Be sure to visit our website, kcourhealthmatters.com to see our extraordinary list of partners.

Our Health Matters™ would like to thank Jim (James) Nunnally, radio host of *Plain Talk About Diabetes* for convening a series of community conversations to address the unmet needs of caregivers and their loved ones, and connect them to valuable community resources.

We also extend special thanks to AARP® Kansas City for sponsoring this guide.

Visit kcourhealthmatters.com to access a digital copy of the Caregivers Community Resource Guide. Bookmark the page and watch for periodic updates.

Thank You!

Stay safe, wear a mask and social distance when requested.



Ruth Ramsey, Publisher
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kcourhealthmatters.com
816-361-6400



Get the family caregiving support you need, when you need it.

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit aarp.org/caregiving.

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