

AARP Family Caregiver Resource Guide

A Guide for Caring for
Older Adults In Oklahoma





Caregiving may be one of the most important, and challenging, roles you'll ever take on. No matter where you are in your caregiving journey — starting to plan; taking care of a family member in your home, in a facility, or from a distance; or managing end-of-life caregiving responsibilities — having resources at your fingertips will make the process easier.

AARP developed this family caregiver guide with you, the caregiver, in mind and as a starting point to help you find the services and support you might need throughout your journey.

GENERAL RESOURCES

2-1-1

2-1-1 Oklahoma offers information and referral across the spectrum of human needs, including rental assistance, food pantries, affordable housing, health resources, transportation, caregiver support, financial programs, and literacy and job programs.

1-877-362-1606 toll-free

*(Oklahoma City and
Western Oklahoma)*

1-877-836-2111 toll-free

(Tulsa and Eastern Oklahoma)

211oklahoma.org

Oklahoma Human Services Area Agency on Aging (AAA)

Aging Services contracts with 11 AAA in Oklahoma to provide free services to residents 60 years and older. Services provided: congregate and home-delivered meals, evidence-based health promotion, nutrition education, in-home assistance, outreach, legal services, transportation, long-term care ombudsman.

P. O. Box 53159

Oklahoma City, OK 73152

405-521-2281

1-800-211-2116 toll-free

Senior Info Line

oarcok.org/aging

HEALTH RESOURCES

Oklahoma Insurance Department Medicare Assistance Program Services

The Senior Health Insurance Counseling Program (SHIP) is a nonprofit organization that provides accurate and objective counseling, assistance and advocacy relating to Medicare, Medicaid, Medicare supplements, Medicare Advantage, long-term care and other related health coverage plans for Medicare beneficiaries, their representatives, or persons soon to be eligible for Medicare. Senior Medicare Patrol (SMP) is a Medicare/Medicaid fraud, abuse and waste-reduction program to help older Oklahomans and their caregivers learn how to protect themselves from health care fraud.

1-800-763-2828
oid.ok.gov/SHIP

Oklahoma Department of Commerce

The Rx for Oklahoma prescription assistance program helps low-income older and disabled residents pay for their prescription medications. This may include help paying drug plan premiums and other drug costs.

900 N. Stiles Ave.
Oklahoma City, OK 73104
1-877-RX4-OKLA
(1-877-794-6552) toll-free
okcommerce.gov/rx-for-oklahoma-prescription-assistance



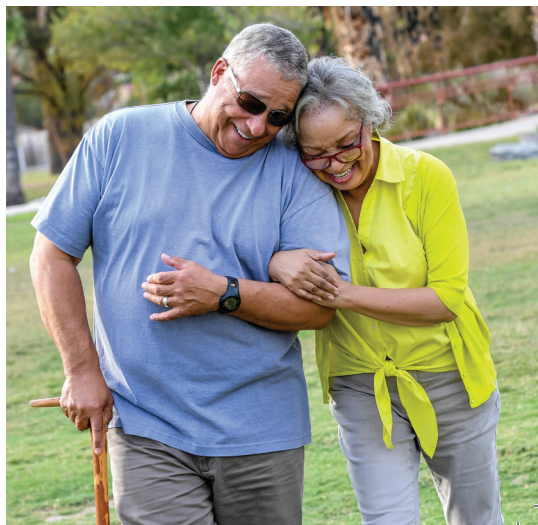
Needy Meds

NeedyMeds is a 501(c)(3) national non-profit that connects people to programs that will help them afford their medications and other healthcare costs.

1-800-503-6897 toll-free
needymeds.org

Oklahoma Health Care Authority

Advantage Waiver programs include adult day health, home-delivered meals, skilled nursing, case management, therapy and specialized medical equipment and supplies. Money Follows the Person is a federal program designed to transition individuals with disabilities and long-term illnesses from the institution back into their homes in



the community. PACE helps adults with long-term care needs live as freely as possible through low- cost but quality health care services. SoonerCare is Oklahoma's Medicaid health coverage program that helps pay some or all medical bills for many Oklahomans who cannot afford them.

4345 N. Lincoln Blvd.
Oklahoma City, OK 73105
405-522-7300
okhca.org

Medicare Nursing Home Compare

Nursing Home Compare has detailed information about every Medicare- and Medicaid-certified nursing home in the country.

**medicare.gov/
nursinghomecompare**

HOME & COMMUNITY BASED RESOURCES

Oklahoma Caregiving Coalition

The coalition's mission is to provide services designed to improve the supports and experiences over the lifespan of caregivers through education, advocacy and access to resources.

405-271-2710 | **okcares.org**



SoonerSUCCESS Respite Program

Respite services can provide a much-needed temporary break from the often exhausting challenges faced by the family caregivers. Respite vouchers let caregivers hire another person to temporarily care for their loved ones.

940 NE 13th Street, Suite 3890
Oklahoma City, OK 73104
405-271-5700 ext. 47801
respites@ouhsc.edu
soonersuccess.ouhsc.edu

Oklahoma State Cooperative Extension

Oklahoma State Cooperative Extension provides information, caregiving classes and resources to help people age well.

Oklahoma State University
139 Agriculture Hall
Stillwater, OK 74078
405-744-5398
countyext2.okstate.edu

FINANCIAL RESOURCES

AARP Benefits Quick Link

Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation Benefits QuickLINK tools.

aarp.org/quicklink

LEGAL RESOURCES

Legal Aid Services of Oklahoma, Inc. (LASO)

LASO is a non-profit, 501(c)(3) organization that provides civil legal assistance to seniors, their family caregivers and low-income persons throughout Oklahoma.

3800 N. Classen Blvd., Suite 230
Oklahoma City, OK 73118
405-557-0020

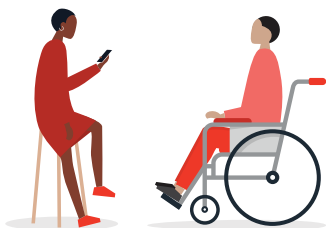
legalaaidok.org/senior-legal-help

WORKPLACE/EMPLOYER RESOURCES

Supporting Caregivers in the Workplace

AARP offers valuable resources to help employers create a caregiver-friendly workplace.

aarp.org/employercaregiving



TRANSPORTATION RESOURCES

Oklahoma Transit Association

The Oklahoma Transit Association is composed of 34 urban, small urban, suburban, rural and tribal transit agencies in the state that share the common priority of providing and improving mobility and access for all Oklahomans.

P.O. Box 1215
Oklahoma City, OK 73101
405-850-9571
oktransit@oktransit.org

SPECIFIC AUDIENCE RESOURCES

AARP Caregiving Guides

AARP offers free caregiving guides for specific audiences, including guides for military families and LGBT individuals. The guides, also offered in Spanish and Chinese, are designed to help develop and implement a caregiving plan.

aarp.org/preparetocare





Oklahoma VA Health Care System Caregiving Support

The VA offers a number of services for veterans and their caregivers. Whether you and the veteran you care for could use additional help at home or you just need someone to talk to, contact the VA to learn more.

1-855-260-3274 toll-free
oklahoma.va.gov

CARE FOR CAREGIVERS

Community Connections

AARP Community Connections is a new website that offers steps to get or give help. You can organize online mutual aid groups to stay connected, share ideas and support those in need.

aarpcommunityconnections.org

Create the Good

Create the Good connects people with volunteer opportunities and project ideas to share your life experiences, skills and passions in your community.

createthegood.aarp.org

AARP RESOURCES FOR FAMILY CAREGIVERS

AARP Family Caregiving Website

AARP's Family Caregiving website is your one-stop shop for tips and tools to help you care for a loved one. It has valuable information about handling medical issues, health records and advance directives, home safety, financial and legal issues, caregiver life balance and much more.

aarp.org/caregiving
(*en Espanol: aarp.org/cuidar*)

AARP Family Caregiving Resource Line

Connect with a real person and learn how to access local resources via our toll-free family caregiving hotline.

1-877-333-5885 toll-free
(*en Espanol: 888-971-2013 toll-free*)

AARP Family Caregivers Facebook Group

Join the AARP Family Caregivers Discussion Group on Facebook to connect, ask questions and share ideas with other family caregivers. Join here:

**facebook.com/groups/
aarpfamilycaregivers**



Community Resource Finder

Community Resource Finder, a joint service from the Alzheimer's Association and AARP, is a database of dementia and aging-related resources powered by Carelike®. The online tool makes it easy to find local programs and services.

communityresourcefinder.org

AARP Online Caregiving Community

Join our community and connect with other caregivers like you.

aarp.org/caregivingcommunity

I Heart Caregivers

Join the thousands of family caregivers who have shared their experiences through AARP's storytelling initiative, I Heart Caregivers. Your story will help AARP continue to fight for more support for family caregivers.

aarp.org/iheartcaregivers

AARP HomeFit Guide

The AARP HomeFit Guide can help individuals and families make their current or future residence age-friendly. It can also help elected officials, policymakers and local leaders learn about and advocate for the types of housing features and designs that communities need so their residents can live safely and comfortably and thrive.

aarp.org/homefit

National Resources for Family Caregivers

A listing of national agencies, groups and organizations that can connect family caregivers with direct services and supports.

aarp.org/resourcesforcaregivers

Please note that many of the resources referenced in this guide are not offered by AARP. Any information you provide to the host organizations will be governed by their privacy policies.



WE WANT TO HEAR FROM YOU!

If you have thoughts about how AARP can improve this resource guide, we invite you to go to aarp.org/preparetocaresurvey (en Español: aarp.org/encuestacuidador)



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866-295-7277 toll-free | aarp.org/ok
facebook.com/aarpok | Twitter: [@aarpoklahoma](https://twitter.com/aarpoklahoma)

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