



Sunrise Neighborhood Assistance Program (SNAP) has compiled this listing of resources for Caregivers. Information is accurate as of August 1, 2021.

## **Guide to Support for Family Caregivers in Tucson**

Caregiver support groups are a resource for non-paid family caregivers, including family, partners, friends, neighbors, church members, or other affiliations. These support groups allow caregivers to connect with others and realize they are not alone.

This is a listing of local organizations or institutions that provide support groups for caregivers as well as other resources for caregiver self-care.

As you will see, some are specific to a condition or diagnosis (e.g. Alzheimer's Association support groups). Participation in the VA support groups requires that the member for whom care is being provided is a veteran. Many organizations collaborate with local Area Agencies on Aging, consequently you will find overlap with the Pima Council on Aging and its offerings.

Because of COVID-19 many support groups are meeting virtually online and vary by the month. Therefore, this listing is a guide for caregiver support, rather than a schedule of support group meetings.

In addition to support groups (in person or online), we have included helplines dedicated to 24/7 caregiver support and crisis intervention. Educational resources and self-care tips to assist caregivers are provided by some organizations, and others serve caregivers through advocacy so those are included in this document as well.

# **Organizations Offering Support Groups for Caregivers**

## **ALZHEIMER'S ASSOCIATION**

2990 N. Swan Rd., Ste 147A  
Tucson, AZ 85712

Helpline: 800-272-3900 available 24/7/365

Phone: (520) 322-6601

Business hours: 9 AM - 5 PM Monday - Friday

Website: [https://www.alz.org/dsw/helping\\_you/support\\_groups](https://www.alz.org/dsw/helping_you/support_groups)

### **Virtual Support Groups**

The Alzheimer's Association offers support groups exclusively for caregivers and individuals living with Alzheimer's and other types of dementia. All support groups are facilitated by trained individuals.

Due to the COVID-19 pandemic, all support groups will be hosted via phone or video conference instead of in-person. Meeting schedules will be assessed on a month-to-month basis. Locate your local program in the [Community Resource Finder](#) or contact the Alzheimer's 24/7 Helpline: 800-272-3900.

### **Alzheimer's Association Online Support**

ALZConnected® is a free online community where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice, and find support.

### **Other Caregiver Services Offered by Alzheimer's Association**

- Virtual Education – currently offered online to caregivers, those facing Alzheimer's and family or other interested parties of Alzheimer's patients.  
[https://www.alz.org/dsw/helping\\_you/education\\_programs](https://www.alz.org/dsw/helping_you/education_programs)
- Virtual Library
- E-newsletter-monthly
- E-learning workshops (free)

## **PIMA COUNCIL ON AGING (PCOA)**

8467 E. Broadway Blvd.

Tucson, AZ 85710

Business hours: 8:30 AM - 5:00 PM Monday - Friday

Helpline: 520-790-7262

Contact: Samuel Bandiera, Family Caregiver Support Group Specialist

Phone: 520-305-3405; Email: [sbandiera@pcoa.com](mailto:sbandiera@pcoa.com)

Website: <http://www.pcoa.org/ways-we-help/caregiver-support-groups.html/>

### **PCOA Family Caregiver Support Program**

PCOA Caregiver Support Groups meet on a schedule at various locations around Tucson. These groups are non-specific as to disease or diagnosis. The schedule is updated monthly and currently includes at least one or two online meetings in addition to in-person meetings. Contact PCOA at 520-305-3405 to register and/or receive the caregiver support group schedule for the month.

### **Other PCOA Resources for Caregivers**

In addition to caregiver support groups, PCOA aims to decrease stress and increase support and coping skills by providing the following services for caregivers:

- Information and assistance in gaining access to resources, services, and benefits (in-person or by phone).
- Individual and family consultation to support decision-making and problem-solving related to the caregiving role.
- Caregiver training (for informal, nonpaid family caregivers).
- Respite for caregivers. Ask about the program called Friends & Neighbors Respite.

Respite is a short time of rest or relief from caregiving, provided in-home or in an adult day program outside the home. This service needs to be arranged several weeks in advance as there is no guarantee of availability. Call 520-790-7262 or email [help@pcoa.org](mailto:help@pcoa.org).

- Eligible caregivers for respite care are:
  - Unpaid caregivers providing care to individuals 60 years of age or older where the person receiving care and the unpaid caregiver live together
  - Unpaid caregivers of a person with Alzheimer's or related dementia, regardless of age
  - Unpaid, non-parent relative caregivers age 55+ raising children under the age of 18
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## **SOUTHERN ARIZONA VA HEALTH CARE SYSTEM**

3601 S. 6<sup>th</sup> Avenue

Tucson, AZ 85723

Phone: 520-792-1450 X 6642;

Caregiver Support Line: 1-855-260-3274 (Toll Free 8 AM to 10 PM EST Monday - Friday & Saturday 8 AM to 5 PM)

Website: <https://www.caregiver.va.gov/>

### **Program of General Caregiver Support Services (PGCSS)**

This program provides resources, education and support to caregivers of Veterans. The Veteran does not need to have a service-connected condition for which the caregiver is needed, and the Veteran may have served during any era.

Caregivers who enroll in PGCSS have access to education and training, including courses at local VA medical centers (VAMCs). In addition, caregivers can participate in support services and take advantage of VA home and community-based care.

Steps for Enrollment - no formal application is required to enroll in PGCSS.

- Contact the VA Caregiver Support Line\* (CSL) in Tucson at 520-792-1450 x 6642 for a referral. Assistance with PGCSS enrollment also available at 1-855-260-3274 (Toll Free 8 AM to 10 PM EST Monday – Friday and 8 AM to 5 PM Saturdays)
- Complete a brief intake process. If eligible, enroll in services that meet your needs.
- Sign up for a monthly telephone-based group session. If you miss the live session, transcripts of the presentations are available for review.

\*VA's National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. **CSL Fact Sheet (PDF)**

### **Other Caregiving Services Offered by VAMC**

- Counseling with a Social Worker
- Monthly Education Calls

## **TMC FOR SENIORS**

TMC El Dorado Health Campus  
1400 N Wilmot Road (will be moving in the fall)  
Tucson, AZ 85712  
Business Hours: 8:00 AM – 5:00 PM Monday - Friday  
Phone: 520-324-1960 – information and consultation  
Website: <https://www.tmc.az.com/wellness-and-prevention/tmc-for-seniors-at-el-dorado/support-services-and-groups>

## **Tucson Medical Center Caregiver Support Groups**

**TMC Caregiver Support Group** – this group, which is not specific to a diagnosis or condition, is not currently meeting but is expected to resume in the fall.

**The following support groups are currently meeting online.** Schedules are subject to change. Please call 520-324-1960 to confirm meeting dates and times and to register for a support group, at which time you will be given the call-in number and relevant information.

### **Alzheimer's Association Support Groups**

- **Caregiver Support Group** Call 520-322-6601 for more information.
- **Younger Onset Caregiver Support Group** Call 520-322-6601 for more information.

**APDA Parkinson's Disease Support Group** Call 520-326-5400 for more information.

**TMC Stroke Support Group** Call 520-324-1960 for more information.

## **Individuals Offering Support Groups for Caregivers**

### **Lee Radziemski**

Mr. Radziemski facilitates a support group for family members caring for persons with Lewy Body dementia. Meetings are held via Zoom the third Wednesday of every month from 2:00 to 3:30 PM. Contact Lee Radziemski at 520-529-2305 (H), 520-979-1289 (C) or [lrbwr@comcast.net](mailto:lrbwr@comcast.net)

### **Lucy (Tiny) Read**

Ms. Read facilitates a support group for family members caring for persons with any type of dementia. Sessions are held via Zoom the first Thursday of every month from 3:30 to 5:00 PM. When in person, meetings are held at Tucson Place, 5660 North Kolb Road, Tucson, AZ. Contact Tiny Read at 520-907-6780 or [read4481@aol.com](mailto:read4481@aol.com).

## **OTHER RESOURCES AND SERVICES FOR CAREGIVERS**

### **AARP**

Resource Line: 1-877-333-5885; Available 7 AM – 11 PM ET Monday - Friday

Website: <https://www.aarp.org/caregiving/?intcmp=GLBNAV-PL-CAR>

Services offered:

- Referrals/ resources
- Advocacy
- Online – guide to self-care and articles addressing concerns of caregivers
- AARP also has an [online caregiving community](#) (blog) where caregivers can join, for free, to talk with other caregivers and get answers from experts in the community.
- Facebook users can visit the [AARP Family Caregivers Discussion Group](#) to connect, share stories and get answers to caregiving questions.
- You don't have to be an AARP member to call the support line or join the online communities.

### **AZ CAREGIVER COALITION (AZ LINKS.GOV)**

P. O. Box 21623

Phoenix, AZ 85036

Email: [info@AZcaregiver.org](mailto:info@AZcaregiver.org)

Caregiver Resource Line: 1-888-737-7494

Hours: 9 AM – 4 PM Monday - Friday

Website: <http://www.AZCaregiver.org>

The Arizona Caregiver Coalition is a community-based, 501(c)3 tax exempt organization. It was founded to support and advocate for family caregivers in Arizona. The AZ Caregiver Coalition partners with the Arizona Department of Economic Security, Area Agencies on Aging, and other community-based organizations.

Services offered:

- Resources for Caregivers such as information on housing and in-home care providers
- Classes for Caregivers
- Information on caregiver support groups
- Respite for Caregivers
- Advocacy for Caregivers and their families and friends
- Caregiver Reimbursement Program for home modifications or assistive technology
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## **ARIZONA DEPARTMENT OF ECONOMIC SECURITY**

Arizona Caregiver Action Network Resource Line: 1-888-737-7494

Hours: 9 AM – 4 PM Monday through Friday

Website: <https://des.az.gov/services/older-adults/family-caregiver-support>

Direct Services offered:

- Information about available services
- Assistance in gaining access to supportive services
- Individual counseling, organization of support groups, and training to assist caregivers in making decisions and solving problems relating to their roles
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities
- Supplemental services, on a limited basis, to complement the care provided by caregivers

## **BANNER ALZHEIMER'S INSTITUTE**

Toole Family Memory Center

2626 E. River Rd.

Tucson, AZ 85718

Phone: 520-694-7021

Hours: 8 AM – 5 PM Monday - Friday

Website: <https://www.banneralz.org/finding-support/caregiver-support>

Services offered:

- A wide range of educational, informative and supportive sessions for patients, caregivers and families
- Browse their [video resources & webinars](#). An online support group for early-stage dementia is offered once per month.
- CARE T.I.P.S. for caregivers. These are printable cards on their website about situations faced frequently by caregivers which offer tips for managing them.
- “Dementia Untangled” podcast for Caregivers
- Beacon E-Newsletter for updates on dementia research, events, tips to improve living
  - Subscribe at: <https://www.banneralz.org/about-us/contact-us/beacon-newsletter>

## **UA CENTER ON AGING**

Arizona Center on Aging-University of Arizona Health Sciences

1501 N Campbell – PO Box 245027

Tucson, AZ 85724-5027

Phone: 520-626-5800

Website: <https://www.uofazcenteronaging.com/care-partners>

- Care Partner Information Sheets: These fact sheets provide basic background information, tips and community resources on a variety of topics for caregivers.