



CLINIC RESOURCE GROUP, INC



**Clinic Resource Group's
Caregiver Directory**

Find an Authorized Provider of the American Red Cross Family Caregiver Classes
and other Caregiving Resources



**Clinic Resource Group is a national account for the
American Red Cross Family Caregiver program.**

We certify teachers across the country and direct caregivers to
community teachers and family caregiver program materials.

Clinic Resource Group, Inc. is an American Red Cross National Account for the Family Caregiver Program.

Clinic Resource Group's Caregiver Directory

Find an Authorized Provider of the American Red Cross Family Caregiver Classes

Introduction

The purpose of **American Red Cross Family Caregiver Support Classes** is to help participants gain an understanding of what is involved in caring for a loved one and know how to provide that care through eight one-hour class modules covering topics such as personal care, nutrition, home safety and others. This information is of vital importance to those caring for their loved ones who suffer from chronic illness or disabilities. Class participants receive a booklet for each module.

More about Clinic Resource Group and American Red Cross Family Caregiver Support Classes

Clinic Resource Group is a national account for the **American Red Cross Family Caregiver Program**. Clinic Resource Group certifies teachers across the country and directs caregivers to community teachers for class locations and times. The classes are designed to help the every day individual in taking care of loved and do not offer any professional level certification. Red Cross Caregiver classes are typically offered at community centers such as libraries, various medical support classes, caregiver support sites as well as employers and hospitals. All classes include handouts and additional provider information. Caring for a parent, spouse or friend at home can be overwhelming. Let the **American Red Cross Family Caregiver** classes help you.

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Clinic Resource Group, Inc. is an American Red Cross National Account for the Family Caregiver Program.

American Red Cross Family Caregiver Class Module Description

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American Red Cross Family Caregiver Class Module Descriptions

- **Assisting with Personal Care**
The Assisting with Personal Care Module concerns helping to prepare individuals to assist their loved one with personal care such as bathing, grooming and using the toilet.
- **Caring for a loved one with Alzheimer's Disease or Dementia**
This module helps to inform caregivers to understand how to deal with the common behaviors, how to provide care and to recognize the signs of depression associated with this disease.
- **Caring for the Caregiver**
Caring for the Caregiver will help prepare caregivers to care for their own health while caring for a loved one.
- **General Caregiving Skills**
The module helps to prepare caregivers to measure their loved one's vital, signs such as pulse, respirations, body temperature and how to assist with medications.
- **Healthy Eating**
Health Eating Module will help prepare caregivers to learn about good nutrition and helping their loved one eat.
- **Home Safety**
The module, Home Safety helps to prepare individuals who are family caregivers to provide a safe environment for themselves and the person in their care by keeping their homes safe from hazards and fires; to recognize the importance of knowing how to use equipments such as wheelchairs; to understand how to protect themselves and their loves one from infection; and to understand how to be prepared for emergencies.
- **Legal and Financial Issues**
Legal and Financial Issues will help prepare individuals to understand the legal issues surrounding caring for someone and planning his or her health care; and understand financial issues such as insurance information and budgeting.
- **Positioning and Helping Your Loved One Move**
This module will help prepare caregivers to safely positions and help their loved one move by applying principles of good body mechanics; to understand the importance of repositioning a loved one who spends a lot of time in bed; to recognize how to prevent pressure ulcers; and to understand how to safely help their loved one move.

Note that starting on page 4 is a list by state of Clinic Resource Group's Authorized American Red Cross Family Caregiver Providers that have chosen to be listed in this directory. These companies hold classes during the year. They can also provide you with the class materials if there is no class currently available in your area.

Find a Clinic Resource Group American Red Cross Family Caregiver Program Provider

Clinic Resource Group is a national account for the **American Red Cross Family Caregiver program**. We certify teachers across the country and direct caregivers to community teachers like those listed below for class locations and times.

The list below is organized by state and lists Clinic Resource Group's **Authorized American Red Cross Family Caregiver Providers**. Some of these companies hold classes during the year. Some of these companies can also provide you with the class materials if there are no classes currently available in your area. If you have any questions about the classes or providers call Clinic Resource Group at 800-994-1143.

Clinic Resource Group's American Red Cross Family Caregiver Program Providers

* - *Designates Certified Wellness Specialist on Staff*

Arizona

Scottsdale, AZ

Senior Helpers® - Scottsdale, AZ - 480-621-6672

Serving North Central Phoenix & East Valley
6619 North Scottsdale Road, Scottsdale, AZ
www.seniorhelpers.com/scottsdale

Tempe, AZ

Senior Helpers® - Tempe, AZ - 602-748-1342

Serving Tempe, Arizona & Surrounding Area
4625 South Wendler Drive, Suite 111, Tempe, AZ
www.seniorhelpers.com/tempe

California

Covina, CA

Senior Helpers® - Covina, CA - 626-858-4630

Serving East San Gabriel Valley - Covina to Whittier, California
310 East San Bernardino Road, Suite A, Covina, CA
www.seniorhelpers.com/covina

Arcadia, CA

Senior Helpers® - Arcadia, CA - 626-446-8000
Serving Arcadia, California & Surrounding Area
150 North Santa Anita Avenue, Suite 300, Arcadia, CA
www.seniorhelpers.com/arcadia

San Francisco, CA

Senior Helpers® - San Francisco, CA - 415-282-9009

Serving San Francisco, California & Surrounding Area
3712 Mission Street, San Francisco, CA
www.seniorhelpers.com/sanfrancisco

Los Angeles, CA

Senior Helpers® - Los Angeles, CA - 310-235-1111

Serving Los Angeles, California & Surrounding Area
12041 Wilshire Boulevard, Suite 30, Los Angeles, CA
www.seniorhelpers.com/losangeles

Moraga, CA

Senior Helpers® - Moraga, CA - 925-376-8000

Serving central Contra Costa, including Walnut Creek, Lamorinda,
Danville & Surrounding Area
1550 Viader Drive, Suite D, Moraga, CA
www.seniorhelpers.com/moraga

Rancho Cucamonga, CA

Senior Helpers® - Rancho Cucamonga, CA - 909-989-2563

Serving Rancho Cucamonga, California & Surrounding Area
9033 Baseline Road, Suite C, Rancho Cucamonga, CA
www.seniorhelpers.com/ranchocucamonga

Colorado

Denver, Colorado

Senior Helpers® - Denver, Colorado - 303-452-6500

Proudly serving Metro Denver and the surrounding communities from
Berthoud to Castle Rock
10190 Bannock Street, Suite 240, Denver, CO
www.seniorhelpers.com/denver

Senior Helpers® - Centennial, Colorado - 303-794-3130

Serving the Surrounding Areas of South Denver Metro
2305 E. Arapahoe Road, Suite 140, Centennial, CO
www.seniorhelpers.com/centennial

Loveland, Colorado

Senior Helpers® - Loveland, CO - 970-667-6400

Serving Northern Colorado
1513 Taurus Court, Loveland, CO
www.seniorhelpers.com/loveland

Florida

Lakeland, Florida

Senior Helpers® - Lakeland, Florida - 863-686-7333

Serving Polk County, FL & Surrounding Area
1625 S. Florida Avenue, Suite #2, Lakeland, FL
www.seniorhelpers.com/lakeland

Orlando, Florida

Senior Helpers® - Orlando, Florida - 407-628-4357

Serving Orlando metro area, including all of Orange, Seminole, and nearby counties.
1850 Lee Road, Suite 115, Orlando, FL
www.seniorhelpers.com/orlando

Riverview, Florida

Senior Helpers® - Riverview, Florida - 813-944-2422

Serving Tampa, Sun City Center, Brandon, Plant City, Dover, Valrico, & Surrounding Area
10843 Park Drive, Riverview, FL

www.seniorhelpers.com/riverview

St. Petersburg, Florida

Senior Helpers® - St. Petersburg, Florida - 727-345-4445

Serving St. Petersburg, Bradenton, & Sarasota, Florida
6550 1st Avenue North, Suite C, St. Petersburg, FL

www.seniorhelpers.com/stpetersburg

Venice, Florida

Senior Helpers® - Venice, Florida - 941-488-3410

Serving South Sarasota, Osprey, Nokomis, Venice, Englewood, North Port, Pt.
Charlotte & Punta Gorda

1051 U.S. Hwy 41 By-Pass South, Venice, FL

www.seniorhelpers.com/venice

Georgia

Gainesville, Georgia

Senior Helpers® - Gainesville, Georgia - 678-807-2220

Serving the North Georgia Area
329 Oak Street, Suite 201, Gainesville, GA

www.seniorhelpers.com/gainesville

Peachtree, Georgia

Senior Helpers® - Peachtree, Georgia - 770-487-1297

Serving Fayette, Coweta, Cobb, Douglas, Bartow, Paulding, & Carroll Counties
40B Eastbrook Bend, Peachtree City, GA

www.seniorhelpers.com/peachtreecity

Snellville, Georgia

Senior Helpers® - Snellville, Georgia - 770- 982-6628

Serving communities in Gwinnett, Walton, Newton, Barrow, Oconee, Clarke,
Rockdale Counties

2295 Henry Clower Blvd., Suite 203, Snellville, GA

www.seniorhelpers.com/snellville

Indiana

Crown Point, Indiana

Senior Helpers® - Crown Point, Indiana - 219-662-2999

Serving Northwest Indiana
1260 E. Summit Street, Suite 101, Crown Point, IN

www.seniorhelpers.com/crownpoint

Illinois

Northfield, Illinois

Senior Helpers® - Northfield, Illinois - 847-881-2782

Serving Chicagoland North & Northwest
540 Frontage Road, Suite 2245, Northfield, IL
www.seniorhelpers.com/northfield

Iowa

Des Moines, Iowa

Senior Helpers® - Des Moines, Iowa - 515-251-7444

Serving Des Moines, Iowa & Surrounding Area
8450 Hickman Road, Suite 22, Des Moines, IA
www.seniorhelpers.com/desmoines

Iowa City, Iowa

Senior Helpers® - Iowa City, Iowa - 319-358-9001

Serving the Iowa City, Cedar Rapids, and Dubuque areas
209 E. Washington Street, Suite 304, Iowa City, IA
www.seniorhelpers.com/iowacity

Kentucky

Lexington, Kentucky

Senior Helpers® - Lexington, Kentucky - 859-296-2525

Serving Lexington and Central Kentucky
3070 Harrodsburg Road, Suite 240, Lexington, KY
www.seniorhelpers.com/lexington-frankfort

Michigan

Ann Arbor, Michigan

Senior Helpers® - Ann Arbor, Michigan - 734-927-3111

Serving clients in Washtenaw and all surrounding counties
3101 E. Eisenhower Pkwy., Suite 3, Ann Arbor, MI
www.seniorhelpers.com/annarbor

Missouri

Gladstone, Missouri

Senior Helpers® - Gladstone, Missouri - 816-455-9300

Serving Kansas City Northland and surrounding communities in Clay & Platte Counties
851 NW 45th Street, Suite #207, Gladstone, MO
www.seniorhelpers.com/gladstone

New Jersey

Bergen County, New Jersey

Homewatch Caregivers of New Jersey – 201-837-8600

1020 Teaneck Road, Teaneck, NJ 07666
Serving Cities of Hackensack, Paramus, Englewood and all of Bergen County, NJ
www.HomewatchCaregivers.com/bergen-county

Cherry Hill, New Jersey

Senior Helpers® -- Cherry Hill - 856-216-1920

13 West Ormond Avenue Suite 1, Cherry Hill, NJ

Proudly serving Cherry Hill-New Jersey & Surrounding Area

www.seniorhelpers.com/cherryhill

Oregon

Portland, Oregon

Senior Helpers® - Portland, Oregon - 503-892-1189

Serving Portland, Oregon & Surrounding Area

407 NW 17th Ave. #16, Portland, OR

www.seniorhelpers.com/portland

Pennsylvania

Erie, Pennsylvania

Senior Helpers® - Erie, Pennsylvania – 814-454-9500

Proudly serving Erie, Crawford, and Warren Counties

1236 French Street, Suite 26, Erie, PA

www.seniorhelpers.com/erie

Greensburg, Pennsylvania

Senior Helpers® - Greensburg, Pennsylvania - 724-834-5720

Serving Westmoreland and Eastern Allegheny Counties

4000 Hempfield Plaza Blvd., Suite 918, Greensburg, PA

www.seniorhelpers.com/greensburg

Texas

Sugarland, Texas

Senior Helpers® - Sugarland, Texas - 713-995-5044

Serving Sugar Land, Texas & Surrounding Area

10039 Bissonnet, Suite 308, Houston, TX

www.seniorhelpers.com/sugarland

Virginia

Charlottesville, Virginia

Senior Helpers® - Charlottesville, Virginia - 866-584-7011

Serving families in Central & Western Virginia

1709 Emmet Street, 2nd Floor, Suite A, Charlottesville, VA

www.seniorhelpers.com/charlottesville

Virginia Beach, Virginia

Senior Helpers® - Virginia Beach, Virginia - 757-353-6680

Serving Hampton Roads and the Lower Peninsula, in addition to the Eastern Shore

900 Commonwealth Place, Suite 207, Virginia Beach, VA

www.seniorhelpers.com/virginiabeach

Useful Links

Below are some useful links for those looking for resources or services for older adults and seniors.

Find Resources & Services for Older Adults

Family Caregiver Network – Information on American Red Cross Family Caregiver program
www.FamilyCaregiverNetwork.com

Easy Home Medical Supplies – Full line of DME products
www.EasyHomeMedicalSupplies.com

Seniors E-Guide.com – Learn more about the “Questions to Ask Series” eGuides
www.SeniorsE-Guide.com

Seniors Resource Guide – Find national senior resources and local information in 28 areas
www.SeniorsResourceGuide.com

Important Government Websites for Older Adults

Contact your local Area Agency on Aging - www.eldercare.gov

You can find them by calling the Eldercare Locator service at 800-677-1116. Your local Area Agency on Aging can provide information on SCSEP and other job opportunity programs in your area.

BenefitsCheckUp - www.benefitscheckup.org

Identify programs that may improve the quality of their lives

Centers for Medicare and Medicaid - www.cms.hhs.gov/home/medicare.asp

Medicare & Medicaid resources, programs, articles & information

Toll Free: 877 267-2323

Consumer.gov - www.consumer.gov

Resource for consumer information from the Federal government.

DisabilityInfo.gov - www.disabilityinfo.gov

Get answers to your questions about government

Eldercare Locator - www.eldercare.gov

A free national service of the Administration on Aging to find your local Area Agencies on Aging (AAA). Local AAA's have resources to help older persons live independently and support services for caregivers. Toll Free 800-677-1116.

Federal Citizen Information Center - www.info.gov

Answers about Federal programs, benefits & services

Toll Free: 800-333-4636

Federal Emergency Management Agency (FEMA) - www.fema.gov

Comprehensive emergency management

FirstGov.gov - www.firstgov.gov

The U.S. government's official web portal.

Go Direct - www.GoDirect.org

The best way to get your Social Security or SSI payment. It's safer and easier than a check, because your money goes straight to your account on your payment day.

Important Government Websites for Older Adults - Continued

Government Benefits - www.govbenefits.gov

An official website for benefits where citizens can search for specific programs.

Health Care Reform – www.HealthReform.gov

This website reviews the new health care insurance reform.

Internal Revenue Service (IRS) - www.irs.gov

Taxpayer advocate services available on-line

Medicare - www.medicare.gov

The official U.S. government site for people with Medicare

My Medicare - www.MyMedicare.gov

Free, secure online service for accessing Medicare information

National Health Information Center - www.healthfinder.gov

Guide to reliable health information

PACE® - Program of All-Inclusive Care for the Elderly - www.cms.gov/pace/

PACE® is a capitated benefit authorized by the Balanced Budget Act of 1997 (BBA) that features a comprehensive service delivery system and integrated Medicare and Medicaid financing.

PACE® - National Association* - www.npaonline.org

"PACE® is a Medicare/Medicaid managed care system that provides health care and support services to older adults.

**This is an association and not a government entity but they work with the PACE® program.*

PACE® - Find a PACE Program - www.npaonline.org/custom/programsearch.asp?id=209

Note that PACE is not available in all areas.

**This is an association and not a government entity but they work with the PACE® program.*

Program of All-Inclusive Care for the Elderly (PACE) - www.cms.gov/pace/

Comprehensive service delivery system and integrated Medicare and Medicaid financing

SaferCar.gov - www.safercar.gov

Crash tests & rollover rating for your car

State & Local Government Net - www.statelocalgov.net

Internet directory of state, county & city agencies

United States Department of Veterans Affairs - www.va.gov

Department of Veteran Affairs official web site

US Financial Literacy and Education Administration - www.mymoney.gov

Teaching the basics about financial education

USA Freedom Corps - www.volunteer.gov

Build a culture of service, citizenship, & responsibility in America

White House - www.whitehouse.gov

Website about the White House

More About Clinic Resource Group's Family Caregiver Program & Directory

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To find one of Clinic Resource Group's **American Red Cross Family Caregiver** Classes contact one of the authorized providers mentioned in this e-Guide. Also note that we maintain a flyer listing classes across the U.S.

Have questions? Contact us via phone or email to info@ClinicResourceGroup.com.

Regards,

Clinic Resource Group, Inc. - 800-994-1143

9249 S. Broadway, Suite 200-#532, Highlands Ranch, Colorado 80129

www.ClinicResourceGroup.com

www.FamilyCaregiverNetwork.com



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NOTE: This E-Guide was created for general information purposes only. It is not an official resource. Although every effort has been made to ensure the accuracy, we do not guarantee that there are no errors or omissions. Also be sure to check references and corroborate information from multiple sources.

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