

Health Care / In-Home Support

AL-CARE

Provides relief to family members through home care aide services, medical and community referrals, as well as educational training by nurse specialists and licensed social workers. Phone: (202) 638-2382

Capital Hospice

Offers a comprehensive set of services and end of life services that comes to you. Hospice services are provided in the patient's home setting, whether that is a private residence, apartment, long-term care facility, assisted living or nursing home. They provide your caregivers with education and support. Phone: (866) 545-6964 (toll-free).

Caring From A Distance (CFAD)

Caring From a Distance is a nonprofit organization that helps distance caregivers determine their needs and tasks. Connect distance caregivers directly with local service providers and educate. Phone: (202) 895-9465

DC Caregivers' Institute

The District of Columbia Caregivers' Institute supports unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable DC residents. The Institute is designed to act as a one-stop resource to help caregivers make critical decisions, develop and implement a caregiver support plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. Telephone: (202) 464-1513

DC Center for Independent Living (DCCIL)

For training in skills that enable individuals to live independently such as, personal care, coping, social skills, household management, education, and community living. Phone: (202) 388-0033.

Eldercare Locator

Toll-free information and assistance hotline that helps older adults and their caregivers to find local support services. If you are unable to find resources online, you can call the Eldercare Locator to speak with an information specialist who will help link you to the information and referral services in your state and community. The Eldercare Locator is a free service provided by the US Department of Health and Human Services' Administration on Aging. Phone: (800) 677-1116.

EMMAUS Services for the Aging

Provides support; advocacy and services that help senior citizens in the District remain active, respected, independent and vital members of their community. Services include: confidential visits from a licensed social worker, health & wellness programs, advocacy with public/private aid applications & D.C. Emergency Assistance Fund, Monthly Food Programs & Feast for All Senior Market, friendly visits/telephone reassurance & companionship, light home cleanings, housing advocacy, DC Long Term Care Ombudsman Program, senior center with enriching onsite classes, activities & field trips, holiday events: Thanksgiving meal delivery, holiday party, Christmas Eve gift delivery, and Doula to Accompany and Comfort Program for seniors with serious illnesses. Phone (202) 745-1200

Family Matters of Greater Washington Weekend Alzheimer's Program (Weekend Respite)

Family members caring for a loved one with Alzheimer's often forget to take care of themselves. While providing day-to-day care for someone with Alzheimer's may be richly rewarding, it can also be physically exhausting and emotionally draining. The Alzheimer's Weekend Respite Program gives caregivers time in which to care for themselves by offering: Five hours of respite on four Saturdays a month for Alzheimer's patients and their family caregivers, social and therapeutic outlets for patients including art, music, exercise and group meals, educational support for caregivers as well as time to regroup and care for themselves, and transportation for patients. Phone:(202) 635-1900

Family Matters of Greater Washington Heavy Housecleaning Phone: (202) 289-1510 Ext. 1180

George Washington University Health Insurance Counseling Project

For help with one-on-one counseling and assistance and purchasing a Medigap policy or long-term care insurance. Phone: (202) 739-0668.

Home Care Partners

A private, non-profit home care agency that provides a wide range of supportive services for elderly, chronically ill, and disabled residents in the Washington, D.C. metropolitan area. Home Care Partners provides the supportive, non-medical home care services most needed to help clients remain in the setting they overwhelmingly prefer their own homes. Phone: (202) 638-2382

Interfaith Caregivers Program (S.O.M.E.)

SOME's Interfaith Caregivers Program matches volunteers with local homebound, low-income seniors. This program is based on the concepts of concern and respect. SOME's Caregivers help to alleviate the isolation and loneliness of homebound seniors as well as offer the much needed assistance with practical needs. Volunteers provide telephone companionship, friendly visits, transportation and escorts to doctor appointments, light housekeeping, errands, reading, minor home repair, emergency food delivery. Phone: (202) 581-8000 Ext 3

UDC - Institute of Gerontology Respite Aide Program

The Institute of Gerontology is part of the Department of Education, College of Arts and Sciences at the University of the District of Columbia. The Institute offers Community Service Programs to over 4,000 District of Columbia residents. These programs include: BODYWISE Fitness & Health Promotion Program, Respite Aide Program, Senior Companion Program, UDC Academy for Lifetime Learning, free tuition and fees for older adults, Community Residence Facility training and certification, caregivers initiative and Literacy Programs for older adults. Current community service programs implemented by the Institute include: Caregivers Initiative BODYWISE Fitness & Health Promotion Program For Seniors Free Tuition & Fees for Older Adults Homemaker Home Health Aide Training and Certification Respite Aide Program Senior Companion Program UDC Academy for Lifetime Learning Community Residence Facility Training and Certification UDC Elder Literacy Program. Phone: (202) 274-6697

Washington Center for Aging Services (Respite)

Washington Center for Aging Services operates a 262-bed, long-term care facility that provides skilled and intermediate nursing care. Social, recreational and therapeutic support services are provided, based on individual patient assessments by a physician. The facility is certified for Medicare and Medicaid purposes. The Center also offers respite care or short-term relief for caregivers, based on availability. Phone: (202) 541-6200