5.4: Washington State Caregiver Resources

**Washington State Family Caregiver Support Program**

*Aging and Long-Term Support Administration, Department of Social and Health Services.*

The Family Caregiver Support Program is a service available to unpaid caregivers of adults needing care and living in Washington State. There are local Family Caregiver Support Program offices throughout the state staffed with caring and knowledgeable people who can help with the following:

- Find local resources/services.
- Find caregiver support groups and counseling.
- Get respite care.
- Talk through specific issues you are having and offer practical information and caregiving suggestions.

Generally, these services are offered free or at low cost and are a service of your local Area Agency on Aging. Certain eligibility requirements may apply and availability varies from community to community. Find the telephone number for your local Family Caregiver Support Program.

**Washington State Long-Term Care Services and Support (ALTSA)**

Information about community long-term care options in Washington State with links to local services.

**Washington Community Living Connection**

Community Living Connections is a website where Washington residents can learn about and access the full range of private and public long-term service and support options. Whether you are looking for help for yourself or help for a loved one, it will be easy to locate services that best fit your needs.
Many information resources about access for services for older adults and people with disabilities, including legal and financial information. See the section on “Seniors” for information about public long-term care programs and legal tools and forms.