


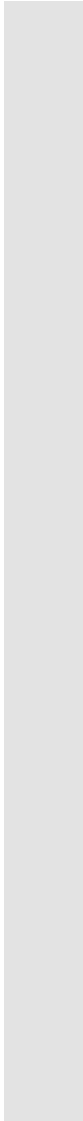
# Take a Break: Assisting Family Caregivers in Finding Respite Resources

By Alysa Kinnell, Lead Social Services Specialist, EODD Area  
Agency on Aging



# Get to know your Area Agency on Aging

There are 11 Area Agencies on Aging across Oklahoma arranged by service area.



# What County does the Care Recipient live in?

Counties Served	Area Agencies on Aging	Contact Info	Website
Canadian, Cleveland, Logan, and Oklahoma	Areawide Aging Agency, Inc.	(405)942-8500	<a href="http://www.areawideaging.org">www.areawideaging.org</a>
Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, and Tillman	Association of South Central Oklahoma Governments (ASCOG) AAA	(580) 736-7036	<a href="http://www.ascog.org">www.ascog.org</a>
Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie, and Seminole	Central Oklahoma Economic Development District (COEDD) AAA	(405)273-6410	<a href="http://www.coedd.net">www.coedd.net</a>
Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, and Wagoner	Eastern Oklahoma Development District (EODD) AAA	(918)682-7891	<a href="http://www.eoddok.org">www.eoddok.org</a>
Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, and Washington	Grand Gateway Economic Development Association AAA	(918)783-5793	<a href="http://www.grandgateway.org">www.grandgateway.org</a>
Creek, Osage, and Tulsa	Indian Nations Council of Government (INCOG) AAA	(918)584-7526	<a href="http://www.incog.org">www.incog.org</a>
Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, and Pushmataha	Kiamichi Economic Development District of Oklahoma (KEDDO) AAA	(918)465-2367	<a href="http://www.keddo.org">www.keddo.org</a>
Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble	Long Term Care Authority of Enid (LTCA-E) AAA	(580)234-7475	<a href="http://www.ltcaenid.org">www.ltcaenid.org</a>
Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, and Pontotoc	Southern Oklahoma Development Association (SODA) AAA	(580)920-1388	<a href="http://www.soda-ok.org">www.soda-ok.org</a>
Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods, and Woodward	Southwestern Oklahoma Development Authority (SWODA)	(918)682-7891 EODD *IAO	<a href="http://www.eoddok.org">www.eoddok.org</a>
Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills, and Washita	Southwestern Oklahoma Development Authority (SWODA) AAA	(580)562-4882	<a href="http://www.swoda.org">www.swoda.org</a>



**CARING ASSISTANCE LINE**

**1-800-211-2116**

**Aging and Disability  
Resource for All Ages**

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# Need Help?

Find resources for family caregivers.

SEARCH FOR RESOURCES

I NEED A BREAK





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- Adult Day Care Centers
- Developmental Disabilities Services (DDS) Respite Voucher Program
- Foster Care
- Lifespan Respite Grant Voucher Program
- Medicaid Waiver - Aging or Physical Disability
- Medicaid Waiver - Developmental Disability
- Medically Fragile Waiver
- Post Adoption Respite Services
- SSI/DCP (Supplemental Security Income - Disabled Children's Program)
- National Family Caregiver Support Program (Area Agencies on Aging)
- U.S. Air Force (USAF) Exceptional Family Member Program (EFMP)
- U.S. Navy Exceptional Family Member Program (EFMP)
- Veteran Caregiver Support Program (CSP)



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Medically Fragile Waiver

Post Adoption Respite Services

SSI/DCP (Supplemental Security Income -Disabled Children's Program)

National Family Caregiver Support Program (Area Agencies on Aging)

Provides support services to informal family caregivers of individuals 60 years of age and older. The caregiver can receive support in the form of care management, respite, education and training, information and assistance and various supplemental services. A service can be approved if it allows the caregiver to successfully maintain their caregiving role. Another aspect of the NFCSP is support for grandparents or relative caregivers ages 55 and older, who are the primary caregiver for a child who is eighteen years of age or younger.

Contact Information

Senior Information line at 1-800-211-2116

OR

[Local Area Agency on Aging Offices](#)

Website

<https://oklahoma.gov/okdhs/services/aging/agingrespite.html>

[Program Brochure](#)

U.S. Air Force (USAF) Exceptional Family Member Program (EFMP)

U.S. Navy Exceptional Family Member Program (EFMP)

# Family Caregiver Support (Respite)

Are you a primary caregiver? Respite vouchers can provide you a much-needed, temporary break from the often exhausting challenges you face. Everyone needs time for themselves to recharge their batteries – time with a spouse or other family members, or just time to run an errand or go to the doctor.

Community Living, Aging and Protective Services administers two respite programs:

1) **National Family Caregiver Support Program (NFCSP) operated through the Area Agencies on Aging (AAA) for a:**

- grandparent or other relative age 55 or older raising a child; or
- primary caregiver who is caring for someone age 60 or older who needs assistance with at least two activities of daily living or who is limited by Alzheimer's disease or dementia.
  - Respite care can be provided in your home, someone else's home, or a center-based program or care center as long as it's agreed to by the caregiver and respite care provider.
  - The respite care provider can be a family member, friend, church member or anyone you choose that is age 18 or older, has a social security number and card and lives outside of your (caregiver and care receiver's) home.
  - No income restrictions apply.

For additional information and eligibility requirements [contact your local AAA](#)

2) **Lifespan Respite Grant Program operated by Sooner SUCCESS for a:**

- grandparent or other relative under the age of 55 raising a child; or
- primary caregiver who is caring for someone 59 years or younger who needs assistance with activities of daily living.





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Adult Day Care Centers

Developmental Disabilities Services (DDS) Respite Voucher Program

Foster Care

Lifespan Respite Grant Voucher Program

Caregiver: 18 or older, full-time, unpaid caregiver providing care 8 hours or more in a 24 hour period; or is a grandparent or other relative age 54 or younger raising a child as a full-time parent; and cannot be receiving respite or payments from other programs including, but not limited to foster care, Family Support Assistance Payment, OAA Title III-E or ODMHSAS Systems of Care funding.

Care Receiver: Age birth to 59 who needs help with the activities of daily living in order to stay at home in the community or who has neurological and organic brain dysfunction such as multiple sclerosis, muscular dystrophy or traumatic brain injury; and does not qualify for respite services or payments through any other program including, but not limited to DHS Developmental Disabilities Services, SSI-DCP, OAA Title III-E, Advantage waiver program, Medicare funded home health services, or hospice.

Contact Information

Sooner SUCCESS  
(405) 271-2710  
[respite@ouhsc.edu](mailto:respite@ouhsc.edu)

Website

[Video Explaining Lifespan Vouchers](#)  
<https://soonersuccess.ouhsc.edu/Services-Programs/Respite>

Medicaid Waiver - Aging or Physical Disability



# Resources for Family Caregivers

Welcome to our **Resource Directory** for family caregivers. Please select the type of service you need, the age of the person receiving the service, and the county they live in and click the **SEARCH** button. You will then see the organizations that are available to you based on your selections. If you don't make any selections, you will see the entire resource directory. Be sure to click the **SEARCH** button after changing selections. You can reset your search at any time by clicking the **RESET SEARCH** button.

SERVICE

AGE

COUNTY

-- Select Option --

-- Select Option --

-- Select Option --

SEARCH

Reset Search


Click on any Resource Card below for more information about the organization.



**INCOG**  
Area Agency on Aging

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INCOG Area Agency on Aging



**OKLAHOMA**  
Human Services

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OKDHS - Post Adoption  
Respite



**VA**  
Caregiver  
Support



*Recovery has no age limit.*  
**OMHAC**  
OKLAHOMA MENTAL HEALTH & AGING COALITION

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Oklahoma Mental Health  
and Aging Coalition



## How Does Partnering Impact Your Organization

We have partnered with government, business, nonprofit, faith-based organizations, and individuals (Partners) whose mission is to improve the supports and experiences over the lifespan of caregivers through education, advocacy, and access to resources. To further its mission, OCC hosts the OKCares.org website. The goal of the OKCares.org website is to bridge the gaps between state services and those provided by the local community to ensure all caregivers have access to resources that will enable them to continue their caregiving role. Staying healthy and active while providing care for a loved one with special needs can sometimes be challenging. With your partnership, together, we can help.

» Partnership Form Click Here

Join us as a Partner on this important journey! Thank you for your interest in becoming an OCC Partner and bringing the resources and/or services you already offer to the forefront for Oklahoman caregivers. Your information will be included on our homepage search engine so users can easily connect with you. To participate, please complete and submit the Partnership Form above. We will be in contact with you following your submission once approved.

# AAA Caregiver Coordinator Contact List

Counties Served	Area Agencies on Aging	Contact Info	Email Address
Canadian, Cleveland, Logan, and Oklahoma	Areawide Aging Agency, Inc.	Tammy Vaughn and Terry Mulkey (405)321-3200	<a href="mailto:tvaughnasi@gmail.com">tvaughnasi@gmail.com</a> <a href="mailto:pete.goldring@maddieluke.com">pete.goldring@maddieluke.com</a>
Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, and Tillman	Association of South Central Oklahoma Governments (ASCOG) AAA	Pete Goldring and Shawna Cogburn (405)638-4967	<a href="mailto:shawna.cogburn@maddieluke.com">shawna.cogburn@maddieluke.com</a>
Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie, and Seminole	Central Oklahoma Economic Development District (COEDD) AAA	Debra Case (405)273-6410 ext. 130	<a href="mailto:cgrespite@coedd.net">cgrespite@coedd.net</a>
Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, and Wagoner	Eastern Oklahoma Development District (EODD) AAA	Alysa Kinnell and Tashanda Myers (918)682-7891	<a href="mailto:akinnell@eoddok.org">akinnell@eoddok.org</a> , <a href="mailto:tmyers@eoddok.org">tmyers@eoddok.org</a>
Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, and Washington	Grand Gateway Economic Development Association AAA	Hope Price and Mary Satterwhite 1-800-482-4594 ext. 231 and 235	<a href="mailto:hprice@grandgateway.org">hprice@grandgateway.org</a> , <a href="mailto:msatterwhite@grandgateway.org">msatterwhite@grandgateway.org</a>
Creek, Osage, and Tulsa	Indian Nations Council of Government (INCOG) AAA	Nickie Bolding (918)258-1111	<a href="mailto:nbolding@oxford-healthcare.com">nbolding@oxford-healthcare.com</a>
Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, and Pushmataha	Kiamichi Economic Development District of Oklahoma (KEDDO) AAA	Melody Culberson (918)471-7919	<a href="mailto:ssd@feedtheneedfoundationok.org">ssd@feedtheneedfoundationok.org</a>
Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble	Long Term Care Authority of Enid (LTCA-E) AAA	Twila Doucet (580)234-7475	<a href="mailto:tdoucet@ltcaenid.org">tdoucet@ltcaenid.org</a>
Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, and Pontotoc	Southern Oklahoma Development Association (SODA) AAA	Tanya Gleghorn (580)924-5331	<a href="mailto:tgleghorn@bigfive.org">tgleghorn@bigfive.org</a>
Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods, and Woodward	Southwestern Oklahoma Development Authority (SWODA)	Stacy Nicholson (918)682-7891	<a href="mailto:snicholson@eoddok.org">snicholson@eoddok.org</a>
Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills, and Washita	Southwestern Oklahoma Development Authority (SWODA) AAA	Joanie Swanson (580)562-5026	<a href="mailto:joanie@swoda.org">joanie@swoda.org</a>

# Q & A

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