

# **OREGON GERIATRICS SOCIETY - RESOURCES/HELPFUL LINKS**

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**Oregon Geriatrics Society (OGS) / [www.oregongeriatricsociety.org](http://www.oregongeriatricsociety.org)**  
***Empowering Health Care Professionals To Enhance Care For Older Adults***

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## **ADDICTION & MENTAL HEALTH**

### **ALCOHOL REHABILITATION HELP**

[www.alcoholrehabhelp.org/resources/co-occurring-disorders/](http://www.alcoholrehabhelp.org/resources/co-occurring-disorders/)

### **AMERICAN SOCIETY OF ADDICTION MEDICINE (ASAM)**

[www.asam.org](http://www.asam.org)

### **CARE OREGON**

<https://www.careoregon.org/mental-health/stories/where-can-i-find-peer-support-groups-for-depression-and-anxiety>

### **CLINICAL SUPPORT SYSTEM FOR SERIOUS MENTAL ILLNESS (SMI)**

[www.smiadviser.org](http://www.smiadviser.org)

### **DRUG ADDICTION AMONG SENIORS**

[www.paretnqiving.com/blogs/patient-daily-living/dependency-addiction-among-seniors/](http://www.paretnqiving.com/blogs/patient-daily-living/dependency-addiction-among-seniors/)

### **LIFE LINE CONNECTIONS**

[www.lifelineconnections.org](http://www.lifelineconnections.org)

### **MENTAL HEALTH FACILITIES IN OREGON & RESIDENTIAL TREATMENT**

[www.mentalhealthclinics.org](http://www.mentalhealthclinics.org)

### **MENTAL HEALTH OREGON-MENTAL HEALTH CARE SERVICES**

[www.valuecoremh.com](http://www.valuecoremh.com)

### **OREGON ADDICTION SERVICES**

[www.oregon.gov](http://www.oregon.gov)

### **Mental Health & Addiction Association of Oregon (MHAAO) See The Peer Group**

### **NATIONAL ALLIANCE ON MENTAL HEALTH ILLNESS**

[www.namior.org](http://www.namior.org)

### **NATIONAL ALLIANCE ON MENTAL HEALTH ILLNESS-MULTNOMAH COUNTY**

[www.namimultnomah.org](http://www.namimultnomah.org)

### **NATIONAL ALLIANCE ON MENTAL HEALTH ILLNESS-SOUTHERN OREGON**

[www.namisouthernoregon.org](http://www.namisouthernoregon.org)

### **NATIONAL MENTAL HEALTH HOTLINE**

[www.mentalhealthhotline.org](http://www.mentalhealthhotline.org) 1-866-903-3787

### **OREGON ECHO NETWORK**

[www.oregonechonetwork.org](http://www.oregonechonetwork.org)

### **OREGON HEALTH AUTHORITY**

[www.oregon.gov/oha/HSD/AMH/Pages/Addictions.aspx](http://www.oregon.gov/oha/HSD/AMH/Pages/Addictions.aspx)

### **OREGON RECOVERS**

[www.oregonrecovers.org](http://www.oregonrecovers.org)

### **OREGON SOCIETY OF ADDICTION MEDICINE**

[www.or-sam.org](http://www.or-sam.org)

### **OREGON STATE UNIVERSITY CENTER FOR HEALTH INNOVATION**

[www.c2f.oregonstate.edu](http://www.c2f.oregonstate.edu)

### **OREGON TREATMENT PROVIDERS DIRECTORY (OACRA)**

[www.oacra.com/find-services/oregon-treatment](http://www.oacra.com/find-services/oregon-treatment)

### **OREGON WELLNESS PROGRAM**

### **(CONFIDENTIAL MENTAL HEALTH COUNSELING FOR HEALTHCARE PROFESSIONALS)**

[www.oregonwellnessprogram.org](http://www.oregonwellnessprogram.org)

### **RECOGNIZING SUBSTANCE ABUSE & ADDICTION IN OLDER ADULTS**

[www.premiernursingacademy.org/resources/substance-abuse-older-adults](http://www.premiernursingacademy.org/resources/substance-abuse-older-adults)

### **REHAB CENTERS-OREGON – ADDICTION RESOURCE**

[www.addictionresource.net](http://www.addictionresource.net)

### **SAVE LIVES OREGON – ORGANIZATIONS ON FRONT LINES OF HARM REDUCTION**

[www.savelivesoregon.org](http://www.savelivesoregon.org)

### **SENIORS GUIDE TO FENTANYL – EXCELLENT CARE, DECENCY & OPTIMAL LIVING (ECDOL)**

[www.ecdol.org](http://www.ecdol.org)

**SMOKE FREE OREGON**

[www.smokefreeoregon.com](http://www.smokefreeoregon.com)

**SUBSTANCE ABUSE & ADDICTION IN THE ELDERLY**

[www.addictiongroup.org/addiction/elderly/](http://www.addictiongroup.org/addiction/elderly/)

**THE PEER GROUP (Formerly Mental Health & Addiction Association of Oregon)**

[www.mhaoforegon.org](http://www.mhaoforegon.org)

**WASHINGTON COUNTY OLDER ADULT MENTAL WELLNESS**

[www.washingtoncountyor.gov/days/older-adult-mental-wellness](http://www.washingtoncountyor.gov/days/older-adult-mental-wellness)

**ADVANCED CARE PLANNING / POLST**

**ADVANCE CARE PLANNING – ADVANCE DIRECTIVES**

[www.instituteforhumancaring.org](http://www.instituteforhumancaring.org)

[www.oregon.gov/oha/ph/about/pages/adac-forms.aspx](http://www.oregon.gov/oha/ph/about/pages/adac-forms.aspx)

**NATIONAL CARE PLANNING COUNCIL**

[www.longtermcarelink.net](http://www.longtermcarelink.net)

**OREGON CARE PLANNING COUNCIL (OrCPC)**

[www.carefororegon.org](http://www.carefororegon.org)

**POLST (Provider/Physician Orders For Life-Sustaining Treatment)**

[www.polst.org](http://www.polst.org)   [www.oregonpols.org](http://www.oregonpols.org)   [www.ohsu.edu/polst/](http://www.ohsu.edu/polst/)

**AGE-FRIENDLY OREGON – Multi-Sector Plan For Aging/Shared Future Oregon**

[www.sharedfutureoregon.org](http://www.sharedfutureoregon.org)

**AGING AND CARE GIVING**

**AARP**

[www.aarp.org](http://www.aarp.org)

**AGE+**

[www.ageplus.org](http://www.ageplus.org)

**AGING & DISABILITY RESOURCE CONNECTION**

Oregon: [www.adrcforegon.org](http://www.adrcforegon.org)

Washington: [www.washingtoncommunitylivingconnections.org](http://www.washingtoncommunitylivingconnections.org)

**AGING ADVISORS PORTLAND**

[www.agingadvisorspdx.com](http://www.agingadvisorspdx.com)

**AGING IN PLACE OREGON**

[www.aginginplaceoregon.com](http://www.aginginplaceoregon.com)

**AGING IN PORTLAND**

[www.aginginportland.com](http://www.aginginportland.com)

**AGING LIFE CARE ASSOCIATION – WESTERN REGION**

[www.aginglifecare.org](http://www.aginglifecare.org) (choose Chapters)

**ALZHEIMER'S ASSOCIATION – CAREGIVER EDUCATION**

[www.alz.org](http://www.alz.org)

**AMERICAN ASSOCIATION OF HOMES AND SERVICES FOR THE AGING (AAHSA)**

[www.aahsa.org](http://www.aahsa.org)

**AMERICAN SOCIETY ON AGING (ASA)**

[www.asaging.org](http://www.asaging.org)

**CARING.COM**

[www.caring.com/caregivers/end-of-life-care/](http://www.caring.com/caregivers/end-of-life-care/)

**CONNECTED CARE FOR OLDER ADULTS**

[www.connectedcareforolderadults.org](http://www.connectedcareforolderadults.org)

**COUNCIL ON AGING OF CENTRAL OREGON**

[www.councilonaging.org](http://www.councilonaging.org)

**ELDER CARE MATTERS-RESOURCE DIRECTORY**

[www.eldercarematters.com](http://www.eldercarematters.com)

**ELDER CARE WORKFORCE**

[www.elderworkforce.org](http://www.elderworkforce.org)

**ELDERS IN ACTION**

[www.eldersinaction.org](http://www.eldersinaction.org)

**FAMILY CAREGIVER SUPPORT PROGRAM – RESOURCES**

Oregon: [www.adrcoforegon.org](http://www.adrcoforegon.org) Washington: [www.dshs.wa.gov/altsa/resources](http://www.dshs.wa.gov/altsa/resources)

**HEALTH IN AGING**

[www.healthinaging.org](http://www.healthinaging.org)

**HELP IS HERE: WHEN SOMEONE YOU LOVE HAS DEMENTIA –  
A RESOURCE FOR FAMILY CAREGIVERS**

[www.dementiahelphere.org](http://www.dementiahelphere.org)

**LANE COUNTY SENIOR SERVICES DIRECTORY**

[www.laneseniorservices.org](http://www.laneseniorservices.org)

**MAKING OREGON VITAL FOR ELDERS (MOVE)**

[www.orculturechange.org](http://www.orculturechange.org)

**OREGON AREA AGENCIES ON AGING**

[www.oregon.gov](http://www.oregon.gov)

**OREGON CARE PARTNERS (SUPPORT OREGON CAREGIVERS WITH FREE EDUCATION)**

[www.oregoncarepartners.com](http://www.oregoncarepartners.com) 1-800-930-6851

**OREGON CARE PLANNING COUNCIL**

[www.carefororegon.org](http://www.carefororegon.org)

**OREGON DEPT HUMAN SERVICES – AGING & DISABILITY RESOURCE CONNECTION (ADRC)**

[www.oregon.gov](http://www.oregon.gov) 1-855-673-2372

**OREGON ELDER CARE RESOURCES**

[www.eldercareresourcesoregon.com](http://www.eldercareresourcesoregon.com)

**OREGON ELDER CARE SUPPORT FOUNDATION**

[www.oesonline.org](http://www.oesonline.org)

**OREGON FAMILY CAREGIVER SUPPORT PROGRAM**

[www.adrCoforegon.gov](http://www.adrCoforegon.gov)

**OREGON STATE UNIVERSITY CENTER FOR HEALTHY AGING & RESEARCH**

[www.oregonstate.edu/healthy-aging](http://www.oregonstate.edu/healthy-aging)

**PORTLAND STATE UNIVERSITY INSTITUTE ON AGING**

[www.pdx.edu/ioa](http://www.pdx.edu/ioa)

**WASHINGTON FAMILY CAREGIVER SUPPORT PROGRAM**

[www.dshs.wa.gov/altsa/resources](http://www.dshs.wa.gov/altsa/resources)

**ALZHEIMER'S**

**ALZHEIMER'S ASSOCIATION-OREGON CHAPTER**

[www.alz.org/oregon](http://www.alz.org/oregon)

**LAYTON AGING & ALZHEIMER'S DISEASE CENTER-OHSU**

[www.ohsu.edu](http://www.ohsu.edu)

**OREGON MEMORY GARDEN (SE Portland-tranquilly setting for those with memory disorders).**

[www.portland.gov/parks/portland-memory-garden](http://www.portland.gov/parks/portland-memory-garden)

**SPADO (STATE PLAN FOR ALZHEIMER'S DISEASE & RELATED DEMENTIAS IN OREGON)**

[www.oregonspado.org](http://www.oregonspado.org)

## **ASSISTED LIVING**

### **ABOUT ASSISTED LIVING**

[www.aboutassistedliving.org](http://www.aboutassistedliving.org)

### **ASSISTED LIVING DIRECTORIES**

[www.assisted-living-directory.com](http://www.assisted-living-directory.com)

### **ASSOCIATION OF SENIOR REFERRAL PROFESSIONALS OF WASHINGTON**

[www.asrpwa.org](http://www.asrpwa.org)

### **OREGON ASSISTED LIVING FACILITIES ASSOCIATION**

[www.assisted-living-directory.com](http://www.assisted-living-directory.com)

### **OREGON SENIOR REFERRAL AGENCY ASSOCIATION (OSRAA)**

[www.osraa.com](http://www.osraa.com)

### **RETIREMENT CONNECTION GUIDE**

[www.retirementconnection.com](http://www.retirementconnection.com)

## **BEHAVIORAL HEALTH**

### **CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH IN NURSING FACILITIES – PSU, OHSU, OHA**

[www.nursinghomebehavioralhealth.org](http://www.nursinghomebehavioralhealth.org)

<https://ohsu-psu-sph.org/news/psu-establishes-oregon-center-for-excellence-in-behavioral-health-and-aging/>

### **GREATER OREGON BEHAVIORAL HEALTH INITIATIVE (GOBHI)**

[www.gobhi.org](http://www.gobhi.org)

### **LINES FOR LIFE**

[www.linesforlife.org](http://www.linesforlife.org)

### **OREGON HEALTH AUTHORITY – CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINICS**

[www.oregon.gov/oha/HSD/BHP/Pages/Community-BH-Clinics.aspx](http://www.oregon.gov/oha/HSD/BHP/Pages/Community-BH-Clinics.aspx)

### **OREGON OLDER ADULT BEHAVIORAL SPECIALIST (OABHI)**

[www.oregonbhi.org](http://www.oregonbhi.org)

### **THE OREGON CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH & AGING (OCEBHA)**

[www.oregonbhi.org](http://www.oregonbhi.org)

## **COMMUNICATION TECHNOLOGY**

### **ACCESS TECHNOLOGIES, INC.**

[www.accesstechnologiesinc.org](http://www.accesstechnologiesinc.org)

### **CAPTEL – OREGON**

[www.captel.com/states/oregon](http://www.captel.com/states/oregon)

### **OREGON STATE LIBRARY TALKING BOOK & BRAILLE LIBRARY**

[www.state.or.us](http://www.state.or.us)      [www.slo.oregon.gov](http://www.slo.oregon.gov)

## **DEATH & DYING-----SEE END OF LIFE**

## **DEMENTIA**

### **DEMENTIA CARE AWARE**

[www.dementiacareaware.org](http://www.dementiacareaware.org)

### **DEMENTIA MAP**

[www.dementiamap.com](http://www.dementiamap.com)

## **DEMENTIA SOCIETY OF AMERICA**

[www.dementiasociety.org](http://www.dementiasociety.org)

## **HELP IS HERE: WHEN SOMEONE YOU LOVE HAS DEMENTIA (RESOURCE CAREGIVERS)**

[www.dementiahelpishere.org](http://www.dementiahelpishere.org)

## **OREGON STATE PLAN FOR ALZHEIMER'S DISEASE (SPADO)**

[www.dhsoha.state.or.us](http://www.dhsoha.state.or.us)

## **STATE PLAN FOR ALZHEIMER'S DISEASE & RELATED DEMENTIAS IN OREGON (SPADO)**

[www.oregonspado.org](http://www.oregonspado.org)

## **TEEPA SNOW POSITIVE APPROACH TO DEMENTIA CARE**

[www.teepasnow.com](http://www.teepasnow.com)

## **THE BEST FRIENDS APPROACH TO DEMENTIA (BOOK)**

(David Troxel & Virginia Bell)

## **THE GIFT OF AGING: GROWING OLDER WITH PURPOSE, PLANNING, & POSITIVITY (BOOK)**

(Marcy Cottrell-Houle, MS & Elizabeth Eckstrom, MD, MPH, MACP)

## **THE GIFT OF CARING: SAVING PARENTS FROM PERILS OF MODERN HEALTHCARE (BOOK)**

(Marcy Cottrell-Houle, MS & Elizabeth Eckstrom, MD, MPH, MACP)

## **DENTAL HEALTH**

### **NEW MOUTH – COMMUNITY OUTREACH**

[www.newmouth.com/blog/alzheimers-gum-disease/](http://www.newmouth.com/blog/alzheimers-gum-disease/)

### **PRIME DENTAL CARE**

[www.primegeriatric.com](http://www.primegeriatric.com)

## **DISABILITY**

### **AGING AND DISABILITY RESOURCE CONNECTION OF OREGON (ADRC)**

[www.adrcoforegon.org](http://www.adrcoforegon.org)

### **AGING AND DISABILITY RESOURCE CONNECTION OF WASHINGTON**

[www.washingtoncommunitylivingconnections.org](http://www.washingtoncommunitylivingconnections.org)

### **BENEFITS – GUIDE TO OREGON DISABILITY BENEFITS**

[www.benefits.com/social-security-disability/states/oregon](http://www.benefits.com/social-security-disability/states/oregon)

### **DISABILITY DETERMINATION SERVICES-OREGON**

[www.oregon.gov](http://www.oregon.gov)

### **DISABILITY RIGHTS OREGON (DRO)**

[www.droregon.org](http://www.droregon.org)

### **DISABILITY RESOURCES – OREGON HELP FOR DISABLED PERSONS**

[www.disabilityresources.org](http://www.disabilityresources.org)

### **NORTHWEST SENIOR & DISABILITY SERVICES (NWSDS)**

[www.nwsds.org](http://www.nwsds.org)

### **OREGON ASSOCIATION OF AREA AGENCIES ON AGING AND DISABILITIES (O4AD)**

[www.o4ad.org](http://www.o4ad.org)

### **OREGON DEPT HEALTH SERVICES - SENIORS & PEOPLE WITH DISABILITIES (ODHS/SPD)**

[www.oregon.gov/DHS/spwpd/index/shtml](http://www.oregon.gov/DHS/spwpd/index/shtml)

### **OREGON TRAINING & CONSULTATION**

[www.otac.org](http://www.otac.org)

## **DOMESTIC & SEXUAL VIOLENCE**

### **OREGON COALITION AGAINST DOMESTIC & SEXUAL VIOLENCE (OCADSV)**

[www.ocadsv.org](http://www.ocadsv.org)

## **DRIVING**

### **OLDER ADULT DRIVING GUIDE**

[www.moneygeek.com/insurance/auto/resources/senior-driving-guide/](http://www.moneygeek.com/insurance/auto/resources/senior-driving-guide/)

## **EDUCATION FOR HEALTH CARE PROFESSIONALS**

### **AGE +**

[www.ageplus.org](http://www.ageplus.org)

### **AMERICAN COLLEGE OF HEALTH CARE ADMINISTRATORS (ACHCA)**

[www.achca.org](http://www.achca.org)

### **AMERICAN GERIATRICS SOCIETY (AGS)**

[www.americangeriatrics.org](http://www.americangeriatrics.org)

### **ASSOCIATION FOR GERONTOLOGY IN HIGHER EDUCATION (AGHE)**

[www.aghe.org](http://www.aghe.org)

### **GERIATRICS WORKFORCE ENHANCEMENT PROGRAM (GWEP)**

[www.oregongwep.org](http://www.oregongwep.org)

### **GERONTOLOGICAL SOCIETY OF AMERICA (GSA)**

[www.geron.org](http://www.geron.org)

### **GERONTOLOGY INSTITUTE-SACRED HEART MEDICAL CENTER**

[www.peacehealth.org](http://www.peacehealth.org)

### **LEADING AGE OF OREGON**

[www.leadingageoregon.org](http://www.leadingageoregon.org)

### **METROPOLITAN SENIOR NETWORK (MSN)**

[www.metropolitanseniornetwork.com](http://www.metropolitanseniornetwork.com)

### **NATIONAL HEALTH CAREER ASSOCIATION (NHA)**

[www.nhanow.com](http://www.nhanow.com)

### **OREGON CARE CAREERS – GUIDANCE/SUPPORT IN LTC WORKFORCE**

[www.oregoncarecareers.com](http://www.oregoncarecareers.com)

### **OREGON ECHO NETWORK**

[www.oregonechonetwork.org](http://www.oregonechonetwork.org)

### **OREGON GERIATRICS SOCIETY (OGS)**

[www.oregongeriatricsociety.org](http://www.oregongeriatricsociety.org)

### **OREGON GERONTOLOGICAL ASSOCIATION (OGA)**

[www.oregongero.org](http://www.oregongero.org)

### **OREGON HEALTH AUTHORITY**

[www.oregon.gov/oha](http://www.oregon.gov/oha)

### **OREGON HEALTH CARE ASSOCIATION (OHCA)**

[www.ohca.com](http://www.ohca.com)

### **OREGON HEALTH & SCIENCE UNIVERSITY – CON'T PROFESSIONAL DEVELOPMENT**

[www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **OREGON MEDICAL ASSOCIATION (OMA)**

[www.theoma.org](http://www.theoma.org)

### **OREGON STATE UNIVERSITY- AGING STUDIES / ADULT DEVELOPMENT & AGING**

[www.health.oregonstate.edu](http://www.health.oregonstate.edu)

### **PACIFIC UNIVERSITY**

[www.pacificu.edu](http://www.pacificu.edu)

### **PALTmed - POST-ACUTE & LONG-TERM CARE MEDICAL ASSOCIATION**

[www.paltmed.org](http://www.paltmed.org)

### **PALTmed-OREGON POST-ACUTE & LONG-TERM MEDICINE**

[www.paltmed.org/chapters](http://www.paltmed.org/chapters)

### **PORTLAND STATE UNIVERSITY - INSTITUTE ON AGING - GERONTOLOGY**

[www.pdx.edu/social-work/graduate-certificare-gerontology](http://www.pdx.edu/social-work/graduate-certificare-gerontology)

**PORTLAND STATE UNIVERSITY SENIOR ADULT LEARNING CENTER (SALC)**

[www.pdx.edu/senior-adult-learning-center/](http://www.pdx.edu/senior-adult-learning-center/)

**SENIOR PROVIDER INFORMATION NETWORKING (SPIN)**

[www.spinportland.org](http://www.spinportland.org)

**WASHINGTON HEALTH CARE ASSOCIATION (WHCA)**

[www.whca.org](http://www.whca.org)

**WESTERN OREGON UNIVERSITY**

[www.wou.edu/gerontology](http://www.wou.edu/gerontology)

## **ELDER ABUSE**

**AGING AND DISABILITY RESOURCE CONNECTION OF OREGON**

[www.adrcforegon.org](http://www.adrcforegon.org)

**ELDERS IN ACTION**

[www.eldersinaction.org](http://www.eldersinaction.org)

**GUIDE TO ELDER ABUSE & HOME SAFETY**

[www.todayshomeowner.com/safety/guides/guide-to-elder-abuse-and-home-safety/](http://www.todayshomeowner.com/safety/guides/guide-to-elder-abuse-and-home-safety/)

**GUIDE TO SPOTTING AND PREVENTING ELDER ABUSE**

[www.premiernursingacademy.org/resources/elder-abuse-awareness](http://www.premiernursingacademy.org/resources/elder-abuse-awareness)

**NATIONAL DOMESTIC VIOLENCE HOTLINE**

[www.thehotline.org](http://www.thehotline.org) 1-800-799-7273

**NATIONAL SUICIDE PREVENTION LIFELINE**

[www.sucidepreventionlifeline.org](http://www.sucidepreventionlifeline.org) 1-800-273-8255

**NURSING HOME ABUSE CENTER**

[www.nursinghomeabusecenter.com](http://www.nursinghomeabusecenter.com)

**NURSING HOME ABUSE GUIDE**

[www.levinperconti.com/nursing-home-abuse/](http://www.levinperconti.com/nursing-home-abuse/)

**OREGON ADULT ABUSE PREVENTION AND INVESTIGATIONS**

[www.oregon.gov/dhs/abuse/pages/index.aspx](http://www.oregon.gov/dhs/abuse/pages/index.aspx)

**OREGON CONSUMER JUSTICE**

[www.ocj.org](http://www.ocj.org) 1-503-406-3311

**OREGON DEPARTMENT OF HUMAN SERVICES**

[www.oregon.gov/odhs/aging-disability-services/pages/respect.aspx](http://www.oregon.gov/odhs/aging-disability-services/pages/respect.aspx)

**OREGON DEPARTMENT OF JUSTICE**

[www.doj.state.or.us](http://www.doj.state.or.us)

**REPORT ELDER ABUSE AND NEGLECT IN OREGON**

[www.oregon.gov/odhs/report-abuse/pages/default.aspx](http://www.oregon.gov/odhs/report-abuse/pages/default.aspx)

## **ELDER LAW**

**NATIONAL ACADEMY OF ELDER LAW ATTORNEYS**

[www.naela.org](http://www.naela.org)

**OREGON PUBLIC GUARDIAN**

[www.oregon.gov](http://www.oregon.gov) [www.oltco.org](http://www.oltco.org) [opg.info@rights.oregon.gov](mailto:opg.info@rights.oregon.gov)

**OREGON LONG-TERM CARE OMBUDSMAN**

[www.oltco.org](http://www.oltco.org) [ltco.info@rights.oregon.gov](mailto:ltco.info@rights.oregon.gov)

## **EMERGENCY PREPAREDNESS**

**WILDFIRE PREPAREDNESS**

[www.firehelpcenter.com/wildfires/safety-preparedness-guide/seniors-caregivers/](http://www.firehelpcenter.com/wildfires/safety-preparedness-guide/seniors-caregivers/)

**BUILD EMERGENCY FAMILY DISASTER SUPPLY KIT**

[www.portlandoregon.gov/PBEM](http://www.portlandoregon.gov/PBEM)

## **END OF LIFE**

**ACADEMY OF AID-IN-DYING MEDICINE**

[www.aadm.org](http://www.aadm.org)

**COMPASSION & CHOICES - OREGON**

[www.compassionandchoices.org](http://www.compassionandchoices.org)

**DEATH RESOURCE CENTER**

[www.deathresourcecenter.com](http://www.deathresourcecenter.com)

**EARTH FUNERAL**

[www.earthfuneral.com](http://www.earthfuneral.com)

**END OF LIFE CHOICES OREGON (EOLCOR)**

[www.eolcoregon.org](http://www.eolcoregon.org)

**END OF LIFE—WASHINGTON**

[www.endoflifewa.org](http://www.endoflifewa.org)

**LEGAL VOICE: HANDBOOK FOR WASHINGTON SENIORS**

[www.legalvoice.org](http://www.legalvoice.org)

**M.A.I.D. – MEDICAL AID IN DYING**

[www.clinicaladvisor.com/features/medical-aid-in-dying-guidelines/](http://www.clinicaladvisor.com/features/medical-aid-in-dying-guidelines/)

**OREGON DEATH WITH DIGNITY ACT**

[www.oregon.gov](http://www.oregon.gov)   [www.deathwithdignity.org](http://www.deathwithdignity.org)

**OREGON DOULA ASSOCIATION**

[www.ordoulas.org](http://www.ordoulas.org)

**OREGON MEMORIAL ASSOCIATION**

[www.omaoregon.org](http://www.omaoregon.org)

**PEACEFUL PRESENCE (GUIDE TERMINALLY ILL & LOVED ONES THROUGH END-OF-LIFE PROCESS)**

[www.peacefulpresence.org](http://www.peacefulpresence.org)   [www.thepeacefulpresenceproject.org](http://www.thepeacefulpresenceproject.org)

**PEOPLE'S MEMORIAL ASSOCIATION – WASHINGTON**

[www.peoplesmemorial.org](http://www.peoplesmemorial.org)

**RECOMPOSE FUNERAL**

[www.recompose.life](http://www.recompose.life)

**RETURN HOME FUNERAL**

[www.returnhome.com](http://www.returnhome.com)

## **ETHICS**

**CENTER FOR ETHICS IN HEALTH CARE – OREGON HEALTH & SCIENCE UNIVERSITY**

[www.ohsu.edu](http://www.ohsu.edu)

## **FALLS PREVENTION**

**FALLS PREVENTION FOR OLDER ADULTS – OREGON HEALTH AUTHORITY**

[www.oregon.gov](http://www.oregon.gov)

**FALLS PREVENTION PROGRAMS – OREGON WELLNESS NETWORK**

[www.oregonwellnessnetwork.org/falls/#tcmbb](http://www.oregonwellnessnetwork.org/falls/#tcmbb)

**OREGON FALLS PREVENTION PROGRAM**

[www.oregon.gov/oha](http://www.oregon.gov/oha)

**SENIOR SLIPS AND FALLS GUIDE**

[www.browncrouppen.com/elderly-slips-and-falls-guide/](http://www.browncrouppen.com/elderly-slips-and-falls-guide/)

**WALK WITH EASE**

[www.walk.oregonstate.edu](http://www.walk.oregonstate.edu)

## **FAMILY PRACTICE**

**AMERICAN ACADEMY OF FAMILY PRACTICE**

[www.aafp.org](http://www.aafp.org)

**OREGON ACADEMY OF FAMILY PHYSICIANS**

[www.oafp.org](http://www.oafp.org)

## **FIREARMS**

**Firearm Life Plan Project--Injury Prevention Initiative Univ Colorado: Resources - Conversation Starters – Firearm Inventory – Warning Signs & Assessments**

[www.firearmlifeplan.org](http://www.firearmlifeplan.org)

## **FOOD RESOURCES**

**FOOD RESOURCES IN OREGON**

<https://www.oregon.gov/odhs/food/Pages/default.aspx>

Call 211 to find Food Pantries/Pick Up Sites/Delivery Options

**MEALS ON WHEELS**

[www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

**OREGON DEPARTMENT OF HUMAN SERVICES FOOD RESOURCES**

[www.oregon.gov](http://www.oregon.gov)

**OREGON FOOD BANK**

<https://www.oregonfoodbank.org/find-support>

**OREGON FOOD FINDER**

[www.foodfinder.oregonfoodbank.org](http://www.foodfinder.oregonfoodbank.org)

**THE TEN SEVENTEEN PROJECT (SERVING FOOD-INSECURE FAMILIES ALL OVER OREGON)**

[www.1017project.com](http://www.1017project.com)

**WHERE TO FIND FOOD RESOURCES IN OREGON**

<https://oregonhunger.org/2026/02/where-to-find-food-resources-in-oregon/>

## **GERIATRIC MEDICINE**

**AMERICAN GERIATRICS SOCIETY (AGS)**

[www.americangeriatrics.org](http://www.americangeriatrics.org)

**OREGON GERIATRICS SOCIETY (OGS)**

[www.oregongeriatricsociety.org](http://www.oregongeriatricsociety.org)

## **HEALTH PROFESSIONALS ASSOCIATIONS - OREGON**

**OREGON MEDICAL ASSOCIATION**

[www.theoma.org](http://www.theoma.org)

**THE FOUNDATION FOR MEDICAL EXCELLENCE**

[www.tfme.org](http://www.tfme.org)

## **HOME CARE**

**AGING LIFE CARE ASSOCIATION**

[www.aginglifecare.org](http://www.aginglifecare.org)

**AMERICAN ACADEMY OF HOME CARE MEDICINE (AAHCP)**

[www.aahcp.org](http://www.aahcp.org)

**OREGON ASSOCIATION FOR HOME CARE**

[www.oahc.org](http://www.oahc.org)

**US AGING – LEADERS IN AGING WELL AT HOME**

[www.usaging.org](http://www.usaging.org)

**HOSPICE & PALLIATIVE CARE**

**AMERICAN ACADEMY OF HOSPICE AND PALLIATIVE MEDICINE (AAHPM)**

[www.aahpm.org](http://www.aahpm.org)

**HOSPICE AND PALLIATIVE NURSES ASSOCIATION (HPNA)**

[www.hpna.org](http://www.hpna.org)

**NATIONAL HOSPICE & PALLIATIVE CARE ORGANIZATION (NHPCO)**

[www.nhpc.org](http://www.nhpc.org)

**OREGON HOSPICE & PALLIATIVE CARE ASSOCIATION**

[www.oregonhospice.org](http://www.oregonhospice.org)

**OREGON NONPROFIT HOSPICE ALLIANCE (ONHA)**

[www.onhanetwork.org](http://www.onhanetwork.org)

**HOSPITAL MEDICINE**

**SOCIETY OF HOSPITAL MEDICINE – OREGON & SW WASHINGTON**

[www.hospitalmedicine.org/chapter-overview/oregon-sw-washington-chapter/](http://www.hospitalmedicine.org/chapter-overview/oregon-sw-washington-chapter/)

**THE SOCIETY OF HOSPITAL MEDICINE (SHM)**

[www.hospitalmedicine.org](http://www.hospitalmedicine.org)

**HOUSING – SENIOR LIVING**

**ASSOCIATION OF SENIOR REFERRAL PROFESSIONALS OF WASHINGTON (ASRP)**

[www.asrpwa.org](http://www.asrpwa.org)

**CARE AVAILABILITY**

[www.careavailability.com](http://www.careavailability.com)

**HOME FORWARD – HOUSING AUTHORITY MULTNOMAH COUNTY**

[www.homeforward.org](http://www.homeforward.org)

**NORTHWEST PILOT PROJECT – MULTNOMAH COUNTY**

[www.nwpilotproject.org/housing-contact/](http://www.nwpilotproject.org/housing-contact/)

**OREGON INDEPENDENT LIVING COUNCIL (SILC)**

[www.oregon.gov](http://www.oregon.gov)

**OREGON LONG-TERM CARE FACILITY LICENSING & QUALITY ASSURANCE**

<https://www.oregon.gov/odhs/aging-disability-services/Pages/long-term-care-quality.aspx>

**PORTLAND SENIOR HOUSING**

[www.portlandseniorhousing.com](http://www.portlandseniorhousing.com)

**RETIREMENT CONNECTION**

[www.retirementconnection.com](http://www.retirementconnection.com)

**IMMUNIZATION / VACCINES**

**BOOST OREGON – VACCINATION INFORMATION**

[www.boostoregon.org](http://www.boostoregon.org)

**IMMUNIZE OREGON**

[www.immunizeor.org](http://www.immunizeor.org)

**OREGON IMMUNIZATION PROGRAM**

[www.state.or.us](http://www.state.or.us) [www.oregon.gov](http://www.oregon.gov)

## **INSURANCE**

### **CARE OREGON**

[www.careoregon.org](http://www.careoregon.org)

### **SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE (SHIBA)**

[www.healthcare.oregon.gov/shiba](http://www.healthcare.oregon.gov/shiba)

### **OREGON MEDICAID LONG-TERM CARE QUALITY & REIMBURSEMENT ADVISORY COUNCIL**

[www.oregon.gov](http://www.oregon.gov)

## **INTERNAL MEDICINE**

### **AMERICAN COLLEGE OF PHYSICIANS (ACP)**

[www.acponline.org](http://www.acponline.org)

### **OREGON CHAPTER AMERICAN COLLEGE OF PHYSICIANS**

[www.oregonacp.org](http://www.oregonacp.org)

### **SOCIETY OF GENERAL INTERNAL MEDICINE**

[www.sqim.org](http://www.sqim.org)

### **SOCIETY OF GENERAL INTERNAL MEDICINE – NORTHWEST CHAPTER**

[www.sqim.org/sqim-community/regions/northwest/](http://www.sqim.org/sqim-community/regions/northwest/)

## **INTERPRETER SERVICES**

### **OREGON HEALTH CARE INTERPRETER ASSOCIATION**

[www.ohcia.org](http://www.ohcia.org)

## **LATINO**

### **LATINO COMMUNITY ASSOCIATION**

[www.latinocommunityassociation.org](http://www.latinocommunityassociation.org)

## **LGBTQ+**

### **ADRC OF OREGON**

[www.adrcoforegon.org/consumersite/index.php](http://www.adrcoforegon.org/consumersite/index.php)

### **FRIENDLY HOUSE SENIOR & ELDER PRIDE SERVICES (formerly Sage Metro Portland)**

[www.fhpdx.org](http://www.fhpdx.org)

### **LGBTQ+ NATIONAL HOTLINE**

[www.glbthotline.org/national-hotline.html](http://www.glbthotline.org/national-hotline.html) 1-888-843-4564

### **SAGE CARE**

[www.sagecare.org](http://www.sagecare.org)

## **LONELINESS**

### **LINES FOR LIFE**

[www.linesforlife.org](http://www.linesforlife.org)

### **NATIONAL COUNCIL ON AGING (RESOURCES/SUPPORT OLDER ADULTS LIVING ALONE)**

[www.ncoa.org](http://www.ncoa.org)

### **OREGON WARMLINE (24/7 / 365 FREE SERVICE FOR OREGONIANS)**

[www.warmline.org](http://www.warmline.org) 1-800-698-2392

### **OREGON SENIOR PEER OUTREACH---WASHINGTON COUNTY**

[www.ccswebsite.org/programs/senior0outreach](http://www.ccswebsite.org/programs/senior0outreach)

### **OREGON STATEWIDE SERVICE OF LINES FOR LIFE – SENIOR LONELINESS LINE**

[www.seniorlonelinessline.org/](http://www.seniorlonelinessline.org/) 1-800-282-7035 or 1-503-200-1633

### **OREGON OPTIONS for PEOPLE to ADDRESS LONELINESS (OPAL)**

1-541-423-1372. Free 6-Session Program.

## **MEDICAL BOARD – OREGON**

**OREGON MEDICAL BOARD**

[www.oregon.gov/omb](http://www.oregon.gov/omb)

## **MEDICATIONS**

**CARE OREGON**

[www.careoregon.org](http://www.careoregon.org)

**DEPRESCRIBING GUIDELINES/ALGORITHMS/RESOURCES**

[www.deprescribing.org/resources/deprescribing-guidelines-algorithms](http://www.deprescribing.org/resources/deprescribing-guidelines-algorithms)

**MEDUCATION TEAM**

[www.meducationteam.com](http://www.meducationteam.com)

**NATIONAL INSTITUTE ON AGING – TAKING MEDICINES SAFELY AS YOU AGE**

[www.nia.nih.gov](http://www.nia.nih.gov)

**THE OREGON STATE DRUG REVIEW – OREGON STATE UNIVERSITY COLLEGE PHARMACY**

[www.pharmacy.oregonstate.edu/drug-policy/newsletter](http://www.pharmacy.oregonstate.edu/drug-policy/newsletter)

## **MEMORY CARE**

**MEMORY CAFÉ DIRECTORY**

[www.memorycafedirectories.com](http://www.memorycafedirectories.com)

## **MENTAL HEALTH – See Addiction**

## **MOBILITY**

**HOME SAFETY FOR OLDER ADULTS: A COMPREHENSIVE GUIDE 2024**

[www.home](http://www.home) [Home Safety for Older Adults: A Comprehensive Guide 2024 \(ncoa.org\)](http://www.ncoa.org)

## **NURSING**

**AMERICAN ACADEMY OF NURSE PRACTITIONERS (AANP)**

[www.aanp.org](http://www.aanp.org)

**AMERICAN ACADEMY OF NURSING (AAN)**

[www.aannet.org](http://www.aannet.org)

**AMERICAN ASSISTED LIVING NURSES ASSOCIATION (AALNA)**

[www.aalna.org](http://www.aalna.org)

**AMERICAN ASSOCIATION OF NURSE ASSESSMENT COORDINATION (AANAC)**

[www.aanac.org](http://www.aanac.org)

**AMERICAN ASSOCIATION OF NURSE PRACTITIONERS (AANP)**

[www.aanp.org](http://www.aanp.org)

**AMERICAN ASSOCIATION FOR LONG-TERM CARE NURSING (AALTCN)**

[www.aaltcn.org](http://www.aaltcn.org)

**AMERICAN COLLEGE NURSE PRACTITIONERS (ACNP)**

[www.acnpweb.org](http://www.acnpweb.org)

**AMERICAN NURSES ASSOCIATION (ANA)**

[www.nursingworld.org](http://www.nursingworld.org)

**AMERICAN NURSES ASSOCIATION---GERIATRIC NURSING**

[www.geronurse-online.org](http://www.geronurse-online.org)

**AMERICAN NURSES CREDENTIALING CENTER**

[www.nursecredentialing.org](http://www.nursecredentialing.org)

**AMERICAN SOCIETY FOR PAIN MANAGEMENT NURSING**

[www.aspmn.org](http://www.aspmn.org)

**GERONTOLOGICAL ADVANCED PRACTICE NURSES ASSOCIATION (GAPNA)**

[www.gapna.org](http://www.gapna.org)

**HOME HEALTHCARE NURSES ASSOCIATION (HHNA)**

[www.hhna.org](http://www.hhna.org)

**NATIONAL ASSOCIATION OF DIRECTORS OF NURSING ADMINISTRATION  
IN LONG-TERM CARE (NADONA/LTC)**

[www.nadona.org](http://www.nadona.org)

**NATIONAL ASSOCIATION OF LICENSED PRACTICAL NURSES (NALPN)**

[www.nalpn.org](http://www.nalpn.org)

**NATIONAL GERONTOLOGICAL NURSES ASSOCIATION (NGNA)**

[www.ngna.org](http://www.ngna.org)

**NURSELEARN**

[www.nurselearn.com](http://www.nurselearn.com)

**NURSE PRACTITIONER ONLINE**

[www.nursepractioneronline.com](http://www.nursepractioneronline.com)

**NURSE PRACTITIONERS OF OREGON (NPO)**

[www.nursepractitionersoforegon.org](http://www.nursepractitionersoforegon.org)

**OREGON CENTER FOR NURSING**

[www.oregoncenterfornursing.org](http://www.oregoncenterfornursing.org)

**OREGON NURSES ASSOCIATION (ONA)**

[www.oregonrn.org](http://www.oregonrn.org)

**OREGON NURSING HOME ADMINISTRATORS BOARD (ONHA)**

[www.oregon.gov.ohla](http://www.oregon.gov.ohla)

**OREGON STATE BOARD OF NURSING (OSBN)**

[www.osbn.state.or.us](http://www.osbn.state.or.us)

**UNIVERSITY OF WASHINGTON SCHOOL OF NURSING**

[www.uw.edu](http://www.uw.edu)

**WASHINGTON STATE NURSES ASSOCIATION (WSNA)**

[www.wsna.org](http://www.wsna.org)

## **NUTRITION**

**BLUE ZONE – LIVE BETTER, LONGER**

[www.bluezones.com](http://www.bluezones.com)

**CARE OREGON – NUTRITION SUPPORTS**

[www.careoregon.org](http://www.careoregon.org)

**NUTRITION OREGON**

[www.nutritionoregon.com](http://www.nutritionoregon.com)

**OREGON HEALTH PLAN – NUTRITION BENEFITS**

[www.oregon.gov/OHA/HSD/OHP/Pages/Nutrition.aspx](http://www.oregon.gov/OHA/HSD/OHP/Pages/Nutrition.aspx)

**SAVOREASE**

[www.savorease.com](http://www.savorease.com)

## **OCCUPATIONAL THERAPY**

**OCCUPATIONAL THERAPY ASSOCIATION OF OREGON**

[www.otao.com](http://www.otao.com)

## **OMBUDSMAN**

### **OREGON LONG-TERM CARE OMBUDSMAN**

[www.oltco.org](http://www.oltco.org) [ltco.info@rights.oregon.gov](mailto:ltco.info@rights.oregon.gov) 1-800-522-2602 1-503-378-6533

### **OREGON RESIDENTIAL FACILITIES OMBUDSMAN**

[www.oregon.gov](http://www.oregon.gov) [rfo.info@rights.oregon.gov](mailto:rfo.info@rights.oregon.gov) 1-844-674-4567 1-503-378-6852

## **OSTEOPATHIC MEDICINE**

### **OSTEOPATHIC PHYSICIANS & SURGEONS OF OREGON (OPSO)**

[www.opsso.org](http://www.opsso.org)

## **PARKINSON'S DISEASE**

### **PARKINSON'S RESOURCES OF OREGON (PRO)**

[www.parkinsonsresources.org](http://www.parkinsonsresources.org)

## **PATIENT SAFETY**

### **OREGON PATIENT SAFETY COMMISSION (OPSC)**

[www.oregonpatientsafety.org](http://www.oregonpatientsafety.org)

## **PHARMACY**

### **AMERICAN SOCIETY OF CONSULTANT PHARMACISTS (ASCP)**

[www.ascp.com](http://www.ascp.com)

### **OREGON SOCIETY OF HEALTH SYSTEM PHARMACISTS (OSHP)**

[www.oshp.org](http://www.oshp.org)

### **OREGON STATE PHARMACY ASSOCIATION (OSPA)**

[www.oregonpharmacy.org](http://www.oregonpharmacy.org) [www.oregonpharmacists.com](http://www.oregonpharmacists.com)

### **WASHINGTON STATE PHARMACY ASSOCIATION**

[www.wsparx.org](http://www.wsparx.org)

## **PHYSICAL THERAPY**

### **AMERICAN PHYSICAL THERAPY ASSOCIATION – OREGON CHAPTER (APTA)**

[www.aptaoregon.org](http://www.aptaoregon.org)

### **OREGON BOARD OF PHYSICAL THERAPY**

[www.oregon.gov](http://www.oregon.gov)

## **PHYSICIAN ASSOCIATES**

### **AMERICAN ACADEMY OF PHYSICIAN ASSOCIATES (AAPA)**

[www.aapa.org](http://www.aapa.org)

### **OREGON SOCIETY OF PHYSICIAN ASSOCIATES (OSPA)**

[www.oregonpa.org](http://www.oregonpa.org)

## **POST-ACUTE AND LONG-TERM CARE**

**LONG-TERM CARE ADMINISTRATORS BOARD/NURSE HOME ADMINISTRATORS**

[www.oregon.gov](http://www.oregon.gov)

**OREGON AGING AND DISABILITY RESOURCE CONNECTION OF OREGON**

[www.adrcforegon.org/consumersite/connect/](http://www.adrcforegon.org/consumersite/connect/) 1-855-673-2372

**OREGON DEPARTMENT OF HUMAN SERVICES LONG-TERM CARE OPTIONS**

<https://www.oregon.gov/odhs/>

**OREGON HEALTH CARE ASSOCIATION**

[www.ohca.com](http://www.ohca.com)

**PALTmed - POST-ACUTE & LONG-TERM CARE MEDICAL ASSOCIATION**

[www.paltmed.org](http://www.paltmed.org)

**PALTmed-OREGON (OREGON POST-ACUTE & LONG-TERM MEDICINE)**

[www.paltmed.org/chapters](http://www.paltmed.org/chapters)

**PALTmed-WASHINGTON**

[www.paltmed.org/chapters](http://www.paltmed.org/chapters)

## **PSYCHIATRY / PSYCHOLOGICAL**

**AMERICAN ASSOCIATION FOR GERIATRIC PSYCHIATRY (AAGP)**

[www.aagponline.org](http://www.aagponline.org)

**AMERICAN PSYCHIATRIC NURSES ASSOCIATION (APNA)**

[www.apna.org](http://www.apna.org)

**AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)**

[www.apa.org](http://www.apa.org)

**OREGON PSYCHIATRIC ACCESS LINE (OPAL)**

[www.ohsu.edu/OPAL](http://www.ohsu.edu/OPAL) 1-855-966-7255 (Psychiatric Phone Consult for Primary Care Professionals)

**OREGON PSYCHIATRIC PHYSICIANS ASSOCIATION**

[www.oregonpsychiatric.org](http://www.oregonpsychiatric.org)

**OREGON PSYCHOLOGICAL ASSOCIATION (OPA)**

[www.opa.org](http://www.opa.org)

**TUALITY HEALTHCARE CENTER GERIATRIC PSYCHIATRY**

[www.tuality.org](http://www.tuality.org)

## **PUBLIC HEALTH**

**NORTHEAST OREGON NETWORK (LaGrande) (Addiction/Food/Housing/Insurance)**

[www.neonoregon.org/resources](http://www.neonoregon.org/resources)

**OREGON COALITION OF LOCAL HEALTH OFFICIALS**

[www.oregonclho.org](http://www.oregonclho.org)

**OREGON GOVERNOR'S COMMISSION ON SENIOR SERVICES**

*Enhance & protect the quality of life for all older Oregonians.*

<https://www.oregon.gov/odhs/agency/pages/qcss.aspx>

**OREGON HEALTH AUTHORITY (OHA)**

[www.oregon.gov/oha](http://www.oregon.gov/oha)

**OREGON PUBLIC HEALTH ASSOCIATION (OPHA)**

[www.oregonpublichealth.org](http://www.oregonpublichealth.org)

**OREGON PUBLIC HEALTH INSTITUTE (OPHI)**

[www.ophi.org](http://www.ophi.org)

**OREGON RURAL HEALTH ASSOCIATION (Helping Rural Practitioners-Rural Health Issues)**

[www.orha.wildapricot.org](http://www.orha.wildapricot.org)

## **READMISSION PREVENTION**

**NATIONAL READMISSION PREVENTION COLLABORATIVE**

[www.nationalreadmissionprevention.com](http://www.nationalreadmissionprevention.com)

## **RURAL HEALTH - OREGON**

**OREGON OFFICE OF RURAL HEALTH**

<https://www.ohsu.edu/oregon-office-of-rural-health>

**OREGON RURAL HEALTH ASSOCIATION**

[www.orha.wildapricot.org](http://www.orha.wildapricot.org)

## **SERIOUS ILLNESS**

**OREGON NETWORK FOR SERIOUS ILLNESS SUPPORT (ONSIS)**

[www.onis.org](http://www.onis.org)   [info@thepeacefulpresenceproject.org](mailto:info@thepeacefulpresenceproject.org)

## **SOCIAL SERVICES**

**CENTRAL CITY CONCERN**

[www.centralcityconcern.org](http://www.centralcityconcern.org)

**COUNCIL ON AGING OF CENTRAL OREGON**

[www.councilonaging.com](http://www.councilonaging.com)   1-541-678-5483

**OREGON DEPARTMENT OF HUMAN SERVICES – AGING & DISABILITY SERVICES**

[www.oregon.gov](http://www.oregon.gov)

**OREGON AGING & DISABILITY RESOURCE CONNECTION OF OREGON (ARDC)**

[www.adrcforegon.org](http://www.adrcforegon.org)   1-855-673-2372

**OREGON WELLNESS NETWORK (OWN)**

[www.oregonwellnessnetwork.org](http://www.oregonwellnessnetwork.org)

## **SOCIAL WORKERS**

**NATIONAL ASSOCIATION OF SOCIAL WORKERS (NASW)**

[www.nasw.org](http://www.nasw.org)

**OREGON CHAPTER NATIONAL ASSOCIATION OF SOCIAL WORKERS**

[www.nasworegon.org](http://www.nasworegon.org)

**OREGON SOCIETY OF CLINICAL SOCIAL WORKERS**

[www.oscsw.org](http://www.oscsw.org)

## **SUCIDE PREVENTION**

**988 SUICIDE & CRISIS LIFELINE**

[www.988lifeline.org](http://www.988lifeline.org)   (Call or Text 988)

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION – OREGON CHAPTER**

[www.afsp.org/chapter/oregon/](http://www.afsp.org/chapter/oregon/)

**FIREARMS**

[www.firearmlifeplan.org](http://www.firearmlifeplan.org)

**LINES FOR LIFE PORTLAND**

[www.linesforlife.org](http://www.linesforlife.org)

**OREGON ALLIANCE TO PREVENT SUICIDE**

[www.oregonalliancepreventsuicide.org](http://www.oregonalliancepreventsuicide.org)

**OREGON HEALTH AUTHORITY SUICIDE PREVENTION- OREGON CRISIS RESOURCES**

[www.oregon.gov](http://www.oregon.gov)

**OREGON STATE SUICIDE PREVENTION RESOURCE CENTER**

[www.sprc.org/states/oregon](http://www.sprc.org/states/oregon)

**OREGON SUICIDE PREVENTION**

[www.oregonsuicideprevention.org](http://www.oregonsuicideprevention.org)

**TELEHEALTH**

**NORTHWEST REGIONAL TELEHEALTH RESOURCE CENTER**

[www.nrtrc.org](http://www.nrtrc.org)

**TRAUMA – BRAIN INJURY**

**BRAIN INJURY ALLIANCE OF OREGON (BIAOR)**

[www.biaoregon.org](http://www.biaoregon.org) 1-800-544-5243

**TRAUMA INFORMED OREGON**

[www.traumainformedoregon.org](http://www.traumainformedoregon.org)

**TRIBAL HEALTH**

**CARE OREGON – TRIBAL CARE COORDINATION**

[www.careoregon.org](http://www.careoregon.org)

**INDIAN HEALTH SERVICE (IHS)**

[www.ih.gov/Portland](http://www.ih.gov/Portland)

**OREGON HEALTH & SCIENCE UNIVERSITY – RURAL TRIBAL CLINICS**

[www.ohsu.edu/oregon-office-of-rural-health/rural-tribal-clinics](http://www.ohsu.edu/oregon-office-of-rural-health/rural-tribal-clinics)

**OREGON HEALTH AUTHORITY – TRIBAL PARTNERSHIPS**

[www.oregon.gov](http://www.oregon.gov)

**VETERANS'**

**OREGON DEPARTMENT OF VETERANS' AFFAIRS: AGING VETERAN SERVICES DIVISION**

[www.oregon.gov/odva/agency-programs/avs](http://www.oregon.gov/odva/agency-programs/avs)

**VETERAN BENEFITS, SERVICES, RESOURCES, PROGRAMS, & OUTREACH**

[www.oregon.gov/odva/resources/Pages/Aging-Veterans.aspx](http://www.oregon.gov/odva/resources/Pages/Aging-Veterans.aspx)

**VETERANS' CRISIS LINE**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net) 1-800-273-8255

**VISION**

**VISION CONCERNS FOR SENIORS**

[www.zocdoc.com/blog/eye-health-for-seniors-a-guide-to-vision-concerns-for-aging-eyes/](http://www.zocdoc.com/blog/eye-health-for-seniors-a-guide-to-vision-concerns-for-aging-eyes/)

**VISION CARE FOR VETERANS**

[www.diagnosticeyecenter.com/2024/04/04/a-comprehensive-guide-to-vision-care-for-veterans](http://www.diagnosticeyecenter.com/2024/04/04/a-comprehensive-guide-to-vision-care-for-veterans)

## **WELLNESS**

### **OREGON WELLNESS NETWORK**

[www.oregonwellnessnetwork.org](http://www.oregonwellnessnetwork.org) 1-833-673-9355

### **OREGON WELLNESS PROGRAM – FREE COUNSELING HEALTH CARE PROFESSIONALS**

[www.oregonwellnessprogram.org](http://www.oregonwellnessprogram.org)

### **PREVENTION AND WELLNESS - OREGON HEALTH AUTHORITY**

[www.oregon.gov](http://www.oregon.gov)

### **RESOURCES - AMERICAN PSYCHIATRIC ASSOCIATION**

[www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources](http://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources)

### **RESOURCES – OREGON MEDICAL ASSOCIATION**

[www.theoma.org/oma/OMA/Learn-content/Wellness-Resources.aspx](http://www.theoma.org/oma/OMA/Learn-content/Wellness-Resources.aspx)

### **TAI CHI: MOVING FOR BETTER BALANCE – OREGON HEALTH AUTHORITY**

[www.oregon.gov](http://www.oregon.gov)

### **TAI CHI – BASECAMP PREVENTION & WELLNESS**

[www.providencebasecamp.org/taichi](http://www.providencebasecamp.org/taichi)

### **WALK WITH EASE – OREGON STATE UNIVERSITY**

[www.extension.oregonstate.edu/walk-ease](http://www.extension.oregonstate.edu/walk-ease)

### **WELL-BEING / PROFESSIONAL SUPPORT - AMERICAN COLLEGE OF PHYSICIANS**

<https://www.acponline.org/practice-career/physician-well-being-and-professional-fulfillment/im-emotional-support-hub>

### **WELL-BEING / OTHER RESOURCE LINKS**

#### **State and Local Resources**

- [Oregon Wellness Program Video: Physician Wellness](#)
- [Lane County Medical Society Provider Wellness Program](#) | 541-686-0995
- [Oregon Health and Science University Resident & Faculty Wellness Program](#)
- [Oregon Medical Board Wellness Resources](#) | 971-673-2700
- [Patient-Centered Primary Care Institute Clinician Academy](#) | 503-241-3571
- [The Foundation for Medical Excellence](#) | 503-222-1960

#### **Nationwide Resources**

- [Physician Support Line](#) | 888-409-0141
- [American Medical Association Steps Forward Program](#)
- [American Medical Association Physician Wellness Program](#)
- [Depression and Bipolar Support Alliance](#) | 800-826-3632
- [Federation of State Physician Health Programs](#) | 978-347-0603
- [Hazelden Treatment Program for Health Care Professionals](#) | 800-257-7800