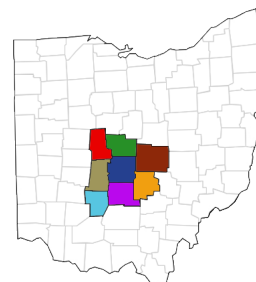


# Central Ohio Area Agency on Aging **SUPPORT GROUP GUIDE**



## **Counties Served**

Delaware  
Fairfield  
Fayette  
Franklin  
Licking  
Madison  
Pickaway  
Union



**614-645-7250**

**800-589-7277**

**[www.coaaa.org](http://www.coaaa.org)**



**Your Aging and Disability Resource Network**

Updated March 2020

## The National Family Caregiver Support Program.



This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

**For more information, call 1-800-589-7277 or visit [www.coaaa.org](http://www.coaaa.org).**

**Or in your county, call one of these agencies:**

- **Delaware** – SourcePoint 740-363-6677
- **Fairfield** – Meals on Wheels of Fairfield County 740-681-5050
- **Fayette** – Community Action Commission of Fayette County 740-335-7282
- **Franklin** – Franklin County Office on Aging 614-525-6200
- **Licking** – Licking County Aging Program 740-345-0821 or 800-452-0097
- **Madison** – Madison County Senior Center 740-852-3001
- **Pickaway** – Pickaway County Senior Center 740-474-8831
- **Union** – Union County Senior Services 937-644-1010

### **What Are Support Groups?**

- Support groups are a place for people to give and receive both emotional and practical support as well as to exchange information. Some groups are face to face but there are also a growing number of online options. Be sure to check with the organizations listed to see if they host any online groups if you are interested.
- People with long term health conditions, as well as their friends and families, find support groups to be a valuable resource — a place where people can share medical information, get confirmation that their feelings are "normal," educate others, or just let off steam.
- Support groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you — they can relate to what you are going through and keep you from feeling like you are alone.
- However, many people are unaware of the additional benefits of joining a support group — support groups can be a great place to find practical tips and resources.

**Note:** Support Groups may change dates, meeting times or locations. Please check before hand with the organization to verify any information on this list.

# **Central Ohio Support Group Guide**

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This manual is not a substitute for professional advice and care. If you have specific needs, please see a professional provider. Links to websites are provided for convenience and do not constitute or imply endorsement. Every reasonable effort is taken to ensure accurate information; however, we cannot guarantee completeness or timeliness. COAAA assumes no responsibility for outcomes resulting from the use of information contained in this manual.

# **Area Wide Listings of Support Groups in Central Ohio**

## **Addictions Support**

- Many Central Ohio treatment programs and hospitals sponsor support and education for those suffering from addictions and their families. A website with many excellent materials is [www.recoveryohio.gov](http://www.recoveryohio.gov).
- Other Resources Include:
  - Alcoholics Anonymous, 614-253-8501, <http://www.aa.org>
  - Al-Anon/AlaTeen, 614-547-1550, <http://www.al-anon.org>
  - Narcotics Anonymous, 614-252-1700, <http://www.naohio.org>
- Information on problem gambling can be found at [www.org.ohio.gov](http://www.org.ohio.gov), [www.gamblinghelpohio.org](http://www.gamblinghelpohio.org) & [www.gamblersanonymous.org](http://www.gamblersanonymous.org).

## **ALS (Amyotrophic Lateral Sclerosis) Support**

- **Contact: ALS Society- 614-273-2573.** [www.alsa.org](http://www.alsa.org),  
Have groups for both persons with the disorder and families. Have both online and face to face options.

## **Arthritis Support**

The Arthritis Foundation provides a helpline at 800-283-7800. Their website is [www.arthritis.org](http://www.arthritis.org). They also offer online information and support.

## **Amputee Support**

Several different types of groups meet in Central Ohio. The Association website is [www.amputee-coalition.org](http://www.amputee-coalition.org)

## **Alzheimer's & Related Disorders Association Support**

- Extensive types of groups for persons with the disorder or caregivers in Central Ohio. Go to: [www.alz.org](http://www.alz.org) (type in your zip code) or call 800- 272-3900 for the most up-to-date list.
- The COAAA hosts a Dementia Support Group the 2<sup>nd</sup> Monday at 10am at 3776 S. High St, or for a local list of groups, go to [www.coaaa.org](http://www.coaaa.org).
- Support for African American Caregivers can be found at [www.africanamericanalz.org](http://www.africanamericanalz.org)

## **Brain Injury / Spinal Cord Injury Support**

Central Ohio hosts a variety of different types of groups. Go to [www.biaoh.org](http://www.biaoh.org) for times and locations. There is also a helpline at 614-481-7100/ 800-444-6443.

Ohio Health's Dempsey Family Education and Resource Center offers several support groups. Call 614-788-6115 or go to [www.ohiohealth.com](http://www.ohiohealth.com) for descriptions and times.

## **Cancer Support**

**Websites & Phone Numbers — check to receive updated times and locations. Check with your cancer provider to see if they have suggestions to meet your need.**

- [www.cancersupportohio.org](http://www.cancersupportohio.org) or 614-884-4673(Cancer Support Ohio)
- [www.cancer.osu.edu](http://www.cancer.osu.edu) or call 800-293-5066
- [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) or call 614-234-LIFE (5433)
- [www.cancer.org](http://www.cancer.org) or call 800-227-2345
- [www.ohiohealth.com](http://www.ohiohealth.com) or call -614-566-4321 or 800-752-9119
- [www.zangcenter.com](http://www.zangcenter.com) or call 866-926-4336 (Zangmeister Cancer Center)
- [www.lls.org](http://www.lls.org) or call 800-955-4572(Leukemia & Lymphoma Society)
- [www.fmch.org](http://www.fmch.org) or call 740-678-8261(Fairfield Medical Center)
- [www.lmhealth.org](http://www.lmhealth.org) or call 740-348-4000(Licking Memorial Health System)
- **Veterans Cancer Support Group** – Meets at Chalmers P. Wiley VA Outpatient Clinic, Columbus, Meets Thursdays, contact 614-257-5200x2120 for more information

## **Caregiver Support (General-Non Disease Specific)**

- **Central Ohio Area Agency on Aging:**
  - *Caregivers Toolbox Education Programs* available. Call 614-645-3885 or go to [www.coaaa.org](http://www.coaaa.org) to arrange to have a program presented to your group.
  - *Conversations on Caregiving Individual Information Session* at the Central Ohio Area Agency on Aging, 3776 S. High St., Columbus, OH, 3<sup>rd</sup> Wednesday of each month. Call or go to [www.coaaa.org](http://www.coaaa.org) for more information.
- **Syntero Caregiver Consultation Program** at 614-457-7876 ext. 205, or website [www.syntero.org](http://www.syntero.org).

## **Developmental Disabilities** **Support for Individuals and Families**

- A variety of types of support groups are available for individuals who are diagnosed with a developmental disability and for their families. Some resources in Central Ohio include:
- **County Boards of Developmental Disabilities** — the websites vary by county but many of them list different types of support groups available in a county. To access county websites, go to: [www.oacbdd.org](http://www.oacbdd.org). Go into the members' area and click on the map for links or call 800-617-6733.
- **Nationwide Children's Hospital** at [www.nationwidechildrens.org](http://www.nationwidechildrens.org) 614-355-8315 or 800-792-8401.
- **Nisonger Center at OSU** has the Aspirations Ohio group described at [www.nisonger.osu.edu](http://www.nisonger.osu.edu) or 800-983-9955/614-685-3188.
- **Downs Syndrome Association of Central Ohio**(DSACO) has a variety of support opportunities and services for families at [www.dsaco.org](http://www.dsaco.org) or call 614-263-6020.
- **The Autism Society of Central Ohio** has support & activities for individuals & families at [www.autismcentralohio.org](http://www.autismcentralohio.org) and 614-284-6323.

### **Diabetes Support**

- Go to [www.diabetesohio.org](http://www.diabetesohio.org) or call 614-844-4400 for education meeting times and locations.
- Also many of the hospitals in Central Ohio have Diabetes Education and Support Available. Call or check their websites for more information.

### **Epilepsy Support**

Several types of groups in Central Ohio. Go to: [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org) or call 614-725-1031 for the most up-to-date list.

### **Domestic Violence Support & Information**

- Ohio Domestic Violence Network has county specific information on services and shelters. [www.odvn.org](http://www.odvn.org) or call 800-934-9840
- In Central Ohio, there are peer led support groups available through: [www.lssnetworkofhope.org](http://www.lssnetworkofhope.org) or call 614-224-4663.



## **Grief & Loss Support**

- **Children's Advocacy Project**—many different types of grief support groups. Visit [www.cap4kids.org](http://www.cap4kids.org) for a comprehensive list.
- **Compassionate Friends of Central Ohio** has several types of support groups available for those who have lost children. Call 614-822-8986 or go to [www.compassionatefriends.org](http://www.compassionatefriends.org) for more information.
- Online resource [www.griefshare.org](http://www.griefshare.org). Many types of online groups listed here.
- **LGBTQ Grief Support Group** Contact Stonewall Columbus at 614-930-2277 for more information.
- **Mount Carmel Health Systems** Contact: 614-234-0265 or [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) for details on each location and to register.
- **Ohio Health & Kobacker House**  
A wide variety of support groups call 614-414-0500 or [www.ohiohealth.com](http://www.ohiohealth.com) for dates and times.
- Suicide Support & Prevention information at [www.mha.gov](http://www.mha.gov).
- Most **Central Ohio Hospice providers** have grief support groups available. For a list of those providers, go to the [www.coaaa.org](http://www.coaaa.org) website and consult the resource manual called "Central Ohio Long Term Care and Hospice Guide."
- Widowhood support and other groups at **Syntero Counseling Center** [www.syntero.org](http://www.syntero.org) or call 614-457-7876.



## **Heart & Cardiovascular Diseases Support**

A variety of education and support groups are available at the hospitals:

- [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) or 614-234-5433.
- [www.medicalcenter.osu.edu/patientcare](http://www.medicalcenter.osu.edu/patientcare) for a list or call 800-293-5123.
- [www.ohiohealth.com](http://www.ohiohealth.com) for a list or call 614-566-5356.
- [www.healingheartscentralohio.com](http://www.healingheartscentralohio.com) or call 614-580-1561.
- **Fairfield Medical Center Heart-To-Heart Support Group**, call 740-678-8261.

### **Huntington's Disease Support Group**

- Huntington's Disease Support Group
- For both Patients and Caregivers

Contact: 614-292-9960 or 614-293-4969 or [www.hdsa.org/ceoh](http://www.hdsa.org/ceoh).

### **Kinship Care/Grandparents Raising Grandchildren Support & Information**

- Information on support groups and services around Ohio found at [www.ohiograndparentkinship.org](http://www.ohiograndparentkinship.org).
- Public Service Children's Services Association of Ohio at [www.pcaso.org](http://www.pcaso.org) has listings of education and support for kinship caregivers.
- Kinship Support is also available through Clintonville-Beechwood Resources Center at [www.clintonvillecrc.org](http://www.clintonvillecrc.org) or call 614-268-8118.
- Many of the County Departments of Job and Family Services have kinship care divisions. Some of them sponsor support groups as well. Contact the agency in your county to access their resources.

### **LGBTQ Support**

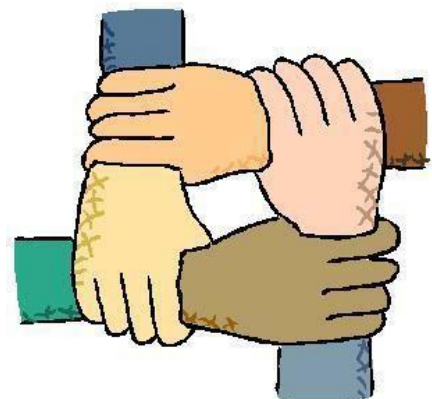
- There are a wide variety of support groups available and listed on the website [www.stonewallcolumbus.org](http://www.stonewallcolumbus.org). Or call 614-299-7764 for list of dates, times and topics.
- Syntero Counseling Services offers a variety of groups: [www.syntero.org](http://www.syntero.org).

### **Lung Disorders Support**

Better Breathing Clubs, Support and Information are offered by The Breathing Association. Call 614-273-2843 or go to [www.BreathingAssociation.org](http://www.BreathingAssociation.org) for more information, times and locations.

### **Lupus Support**

There are a variety of types of groups in Central Ohio sponsored by the Lupus Foundation Greater Ohio Chapter. For an updated list, dates and times go to [www.lupus.org](http://www.lupus.org) or call 440-717-0183.





### **Mental Health Support Groups**

- **Mental Health America of Ohio** sponsors a variety of groups. Go to [www.mhaohio.org](http://www.mhaohio.org) or call 614-221-1441 for times and locations.
- **Mental Health America of Licking County** sponsors a variety of groups. Go to [www.mhalc.org](http://www.mhalc.org) or call 740-522-1341 for times and locations.
- **National Alliance on Mental Illness-Ohio Office** sponsors a variety of groups. Go to [www.namiohio.org](http://www.namiohio.org) or call 614-224-2700 or 800-686-2426 for times and locations of groups. Also has groups on addictions support and education and trauma support.

### **Multiple Sclerosis Support**

- Go to [www.msohiobuckeye.org](http://www.msohiobuckeye.org) or call 800-344-4867 for times and locations of other groups.

### **Stroke Support**

- Central Ohio hosts several different varieties of groups.  
Many types of local groups listed at the **National Stroke Association**. website at [www.stroke.org](http://www.stroke.org).
- Go to [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) or call 614-234-5433.
- **Aneurysm Support Group** at James Cancer Center at the OSU on the 2<sup>nd</sup> Thursday of each month. Call 614-293-0689 for more information and a calendar of monthly topics.
- **SWAT (Stroke, Wound, Aneurysm, Tumor) Group** meets 1<sup>st</sup> Tuesday of each month from 6:30-8:30pm at the Dempsey Family Education and Resource Center at Ohio Health. Call 614-566-1124 or email [soiler@ohiohealth.com](mailto:soiler@ohiohealth.com).

### **Parkinson Disease Support**

- Extensive types of support, education and exercise groups in Central Ohio.  
Go to [www.parkinson.org](http://www.parkinson.org) or call 614-890-1901 or 866-920-6673 for the most up-to-date lists.
- [www.ohiohealth.com](http://www.ohiohealth.com) offers support and Delay the Disease group.

### **Trauma Survivors Support**

- Family Center for Safety and Healing at [www.familysafetyandhealing.org](http://www.familysafetyandhealing.org) or call 614-722-8200. Multiple groups for survivors of trauma (ages 3 and up) and their family members.
- Mount Carmel Crime & Trauma Assistance Program [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) 777 West State St., Suite 506, Columbus, 43222, Contact: 614-234-5900 (24-hour); [ctap@mchs.com](mailto:ctap@mchs.com).



### **Veterans Support**

- There are many different types of support groups for active military personnel, veterans and their families. To get connected to some of these options, go to [www.va.gov](http://www.va.gov) and search for your interest area. The regional veteran's health centers and outpatient clinics are excellent resources. A few of the most popular resources include:
- Ohio Cares for Veterans at [www.ohiocares.gov](http://www.ohiocares.gov) or call 800-761-0868.
- Caregiver Services and Support at the Veterans Administration go to <http://www.caregiver.va.gov> or call the hotline at 855-260-3274. The local contact number for caregiver support is 614-257-5334.
- Columbus Vets Center which provides support and counseling for veterans & families suffering from PTSD and other trauma related disorders. Go to [www.columbusvetcenter.va.gov](http://www.columbusvetcenter.va.gov) or call 614-257-5550 or 866-360-4471.
- **County veterans service offices.** Each county in Ohio has one and they are listed as follows:
  - Delaware County, 149 N. Sandusky Street, Delaware, OH 43025, 740-833-2010
  - Fairfield County, 3944 Columbus-Lancaster Rd. Lancaster, OH 43130, 740-652-7920
  - Fayette County, 133 E. Main Street, Washington CH, OH 43160, 740-335-1610
  - Franklin County, 280 E. Broad St , Columbus, Ohio 43215, 614) 525-2500
  - Licking County, 935 Buckeye Avenue, Newark, OH 43055, 740-670-5430
  - Madison County, 1 N. Main St., London, OH 43140, 740-852-0676
  - Pickaway County, 141 W. Main Street, Circleville, OH 43113, 740-474-3650
  - Union County, 238 W. 6th Street, Marysville, OH 43040, 937-642-9282

### **Vision Loss Support**

- National Federation of the Blind [www.nfbo.org](http://www.nfbo.org) offers various groups.
- [www.visionaware.org](http://www.visionaware.org) offers online and face to face groups.
- Worthington Low Vision Group. For more information, call Syntero at 614-457-7876 or visit [www.syntero.org](http://www.syntero.org).

**The Central Ohio Aging and Disability Resource Network (ADRN)** is a collaborative effort of the Central Ohio Area Agency on Aging and community partners, designed to streamline access to long-term services and supports that promote community living, personal choice and independence for older adults and all persons with disabilities regardless of age. Central Ohio Community Partners Include:

**CareStar Case Management Agency**

2760 Airport Drive, #130, Columbus, OH 43219, 614-751-7777, [www.carestar.com](http://www.carestar.com)

**Centers for Independent Living**

- **MOBILE: Center for Independent Living** (Mid Ohio)
- 690 High Street, Columbus, OH 43206  
614-443-5946, [www.mobileonline.org](http://www.mobileonline.org)
- **SOCIL (Southeastern Ohio Center for Independent Living)** Fairfield County Office, 418 South Broad Street, Lancaster, OH 43130  
740-689-1494  
Hocking County Office, 1369 East Front Street Logan, OH 43138  
740-380-1475, [www.socil.org](http://www.socil.org)
- **CDE — Center for Disability Empowerment**  
510 E. North Broadway, Columbus, OH 43214,  
614-575-8055 [www.disabilityempowerment.net](http://www.disabilityempowerment.net)

**Senior Service Providers**

- **SourcePoint**, 800 Cheshire Dr., Delaware, OH 43015,  
740-363-6677, [www.mysourcepoint.org](http://www.mysourcepoint.org)
- **Meals on Wheels of Fairfield County**, 1515 Cedar Hill Rd., Lancaster, OH 43130,  
740- 681-5050, [www.mowfc.org](http://www.mowfc.org)
- **Fayette County Commission on Aging**, 1179 S. Elm St., Washington CH, OH 43160,  
740-335-2159, [www.fayettecoa.com](http://www.fayettecoa.com)
- **Franklin County Office on Aging**. 280 E. Broad St., 3rd Floor, Columbus, OH 43215,  
614-525-6200, [www.officeonaging.org](http://www.officeonaging.org)
- **Licking County Aging Program**, 1058 E. Main St., Newark, OH 43055,  
740-345-0821/800-452-0097, [www.lcap.org](http://www.lcap.org)
- **Madison County Senior Center** 280 W. High St., London, OH 43140,  
740-852-3001, [www.mcseior.org](http://www.mcseior.org)
- **Pickaway County Senior Center**, 2105 Chickasaw Dr., Circleville, OH 43113,  
740-474-8831, [www.pickawayseniors.org](http://www.pickawayseniors.org)
- **Union County Senior Services**, 940 London Ave, Marysville, OH 43040,  
937-644-1010, [www.co.union.oh.us](http://www.co.union.oh.us)

## Learn How to Be a Healthier You at Healthy U!



Healthy U is a free, 6-week workshop proven to help people with diabetes, asthma, arthritis, heart disease and other lifelong conditions to self-manage their symptoms and live healthier, happier lives.

**For more information, contact 614-645-7250 or 1-800-589-7277  
or visit [www.coaaa.org](http://www.coaaa.org)**

***Healthy U - Because it's never too late  
to learn how to be a healthier you!***



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