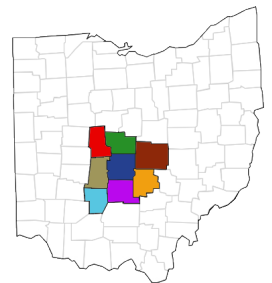


Central Ohio Area Agency on Aging **SUPPORT GROUP GUIDE**



Counties Served

Delaware
Fairfield
Fayette
Franklin
Licking
Madison
Pickaway
Union



614-645-7250
1-800-589-7277
www.coaaa.org



**Your
Connection
to Care**

Updated March 2024

This information is provided by: 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.

Request a copy or download our other guides from our website www.coaaa.org under the RESOURCE Tab:

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Senior Housing and Home Repair Guide
- Central Ohio Long-Term Care and Hospice Guide
- Central Ohio In-Home Care and Hiring Guide
- Central Ohio Pet Care Guide
- Central Ohio Transitions and Moving Guide
- Central Ohio Utility Guide
- Central Ohio Transportation Guide
- Central Ohio Kinship Care Guide

The COAAA also provides monthly Caregiver Support Groups & Information Sessions. For more information call 800-589-7277 or visit www.coaaa.org Or in your county, call one of these agencies:

- **SourcePoint**, 800 Cheshire Dr., Delaware, OH 43015, 740-363-6677, www.mysourcepoint.org
- **Meals on Wheels of Fairfield County**, 1515 Cedar Hill Rd., Lancaster, OH 43130, 740 681-5050, www.mowfc.org
- **Fayette County Commission on Aging**, 1179 S. Elm St., Washington Court House, OH 43160, 740-335-2159, www.fayettecoa.com
- **For Caregiver Services: Community Action Commission of Fayette Co.**, 1400 Co. Hwy. 22, Washington CH, OH 43160, 740-335-7282, www.cacfayettedcounty.org
- **Franklin Co. Office on Aging**, 280 E. Broad St., 3rd Floor, Columbus, OH 43215 614-525-6200, www.officeonaging.org
- **Licking Co. Aging Program**, 1058 E. Main St., Newark, OH 43055, 740-345-0821, www.lcap.org.
- **Madison Co. Senior Center**, 280 W. High St., London, OH 43140, 740-852-3001, www.mcseior.org
- **Pickaway County Senior Center**, 2105 Chickasaw Dr., PO Box 565, Circleville, OH 43113, 740-474- 8831, www.pickawayseniors.org
- **Union County Senior Services**, 940 London Ave., Marysville, OH 43040, 937-644-1010, www.co.union.oh.us

Central Ohio Support Group Guide

Table of Contents

<u>Topic</u>	<u>Page</u>
What Are Support Groups?.....	2
Area Wide Listings of Support Group Information (Counties covered: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, Union)	
• Addictions.....	2
• Amyotrophic Lateral Sclerosis (ALS).....	2
• Alzheimer’s & Related Disorders.....	2
• Amputee Challenges.....	2
• Arthritis.....	2
• Brain Injury/Spinal Cord Injury.....	4
• Cancer.....	4
• Caregiver (General)	4
• Developmental Disabilities (For Individuals & Families)	4
• Diabetes.....	5
• Domestic Violence	5
• Epilepsy.....	5
• Grief & Loss	5
• Heart and Cardiovascular Diseases	6
• Huntington’s Disease.....	6
• Kinship Care/Grandparents Raising Grandchildren	6
• LGBTQ+ Issues	6
• Lung Issues.....	6
• Lupus	6
• Mental Health Issues	7
• Multiple Sclerosis	7
• Parkinson’s Disease	7
• Stroke.....	7
• Trauma Survivors.....	7
• Veterans	8

This resource manual is brought to you by the Central Ohio Area Agency on Aging. Any unauthorized use and/or duplication of this material without the prior express and written permission from the Central Ohio Area Agency on Aging is strictly prohibited.

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.

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 traditionally 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 beforehand with the organization to verify any information on this list.



Area Wide Listings of Support Groups in Central Ohio

Addictions Support

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

ALS (Amyotrophic Lateral Sclerosis) Support

Contact: ALS Society-

614-273-2573, 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. 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

Alzheimer's & Dementia Related Disorders Support

- Extensive types of groups for persons with the disorder or caregivers in Central Ohio. Go to: www.alz.org (type in your zip code) or call 800- 272-3900 for the most up-to-date list.
- The COAAA hosts a Virtual Dementia Support Group every Monday from 10am-12:00pm. **For information or to receive an invitation, contact our Caregiver Support line at 614-645-7705.**
- Grove City EL Evans Senior Center hosts a monthly support group for care partners of those with dementia. It is the 3rd Tuesday of each month from 7-9pm. Contact facilitator ptaliafer@gmail.com for more information.
- Support for African American Caregivers can be found at www.africanamericanalz.org

Brain Injury / Spinal Cord Injury Support

- Central Ohio hosts a variety of different types of groups. Go to 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 the Dempsey Center at www.ohiohealth.com for descriptions and times.

Cancer Support

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 or 614-884-4673 (Cancer Support Ohio)
- www.cancer.osu.edu or 800-293-5066
- www.mountcarmelhealth.com or 614-234-LIFE (5433)
- www.cancer.org or 800-227-2345
- www.ohiohealth.com or 614-566-4321 or 800-752-9119
- www.zangcenter.com or call 866-926-4336 (Zangmeister Cancer Center)
- www.ils.org or call 800-955-4572 (Leukemia & Lymphoma Society)
- **Veterans Cancer Support Group** – Meets at Chalmers P. Wiley VA Outpatient Clinic, Columbus, contact 614-257-5200 x2120 for more information.

General Caregiver Support (Non-Disease Specific)

- **Central Ohio Area Agency on Aging:**
 - *Caregivers Toolbox Education Programs* available. Call 614-645-7705 or go to www.coaaa.org to arrange to have a program presented to your group.
- **Syntero Caregiver Consultation Program** at 614-457-7876 ext. 205, or www.syntero.org.

Developmental Disabilities Support for Individuals and Families

- **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.oacbddd.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 614-355-8315 or 800-792-8401.
- **Nisonger Center at OSU** has the Aspirations Ohio group described at 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 or call 614-263-6020.
- **The Autism Society of Central Ohio** has support & activities for individuals & families at www.autismcentralohio.org and 614-284-6323.

Diabetes Support

- Go to 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 or call 614-725-1031 for the most up-to-date list.

Domestic Violence Support

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



Grief & Loss Support

- **Children's Advocacy Project**—has many different types of grief support groups. Visit 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 for more information.
- Online resource www.griefshare.org. Has many types of online groups listed here.
- **LGBTQ+ Grief Support Group** Contact Stonewall Columbus at 614-930-2277 or www.stonewallcolumbus.org.
- **Mount Carmel Health Systems:** Contact: 614-234-0265 or www.mountcarmelhealth.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 for dates and times.
- Suicide Support & Prevention information at 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 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 or call 614-457-7876.

Heart & Cardiovascular Diseases Support

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

- www.mountcarmelhealth.com or 614-234-5433
- www.medicalcenter.osu.edu/patientcare for a list or call 800-293-5123
- www.ohiohealth.com for a list or call 614-566-5356

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

Kinship Care/Grandparents Raising Grandchildren Support & Information

- Information on support groups and services around Ohio can be found at www.ohiograndparentkinship.org.
- Kinship Support is also available through Clintonville-Beechwold Resources Center at www.clintonvillecrc.org or call 614-268-8118
- Ohio KAN Network (Ohio Kinship and Adoption Navigation) is at <https://ohiokan.ohio.gov> or 1-844-644-6526
- The COAAA has a **Central Ohio Kinship Care Guide** available to download at www.coaaa.org/resources

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 or call 440-717-0183.

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 for more information, times, and locations.

LGBTQ+ Support

- There are a wide variety of support groups available and listed on the website www.stonewallcolumbus.org or 614-299-7764 for list of dates, times and topics.
- Syntero Counseling Services offers a variety of groups: www.syntero.org.

Mental Health Support Groups

- **Mental Health America of Ohio** sponsors a variety of groups. Go to www.mhaohio.org or call 614-221-1441 for times and locations.
- **National Alliance on Mental Illness-Ohio Office** sponsors a variety of groups. Go to 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.nationalmssociety.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.
- Go to www.mountcarmelhealth.com or call 614-234-5433.
- Go to www.ohiohealth and look up programs at the Dempsey Family Center or call 614-788-6115.
- **Aneurysm Support Group** at James Cancer Center at the OSU on the 2nd Thursday of each month. Call 614-293-0689 for more information and a calendar of monthly topics.

Parkinson Disease Support

- Extensive types of support, education and exercise groups in Central Ohio. Go to www.parkinson.org or call 614-890-1901 or 866-920-6673 for the most up-to-date lists.
- www.ohiohealth.com offers support and exercise/yoga options.
- The Ohio State University Medical Center Parkinson's Disease Center offers support and other options: <https://wexnermedical.osu.edu/> 614-293-4969.
- Also many other organizations in Central Ohio such as the YMCAs offer exercise programs called *Delay the Disease* which have evidence to prove they slow the progression. This can be for care partners as well.

Trauma Survivors Support

- Family Center for Safety & Healing at www.familysafetyandhealing.org or call 614-722-8200. Multiple groups for survivors of trauma (ages 3 and up) and their family members.



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 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 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.va.gov/columbus-oh-vet-center/ 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



Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

coaaa.trualta.com

Sign up today!



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Contact Us to Learn More

Central Ohio Area Agency on Aging

Tammy Smith

email: tsmith@coaaa.org

phone: 614-645-7705



**Do you need help
at home?**

**Are you caring
for a loved one?**

Call COAAA today!



Central Ohio Area Agency on Aging (COAAA) helps older adults and individuals with disabilities live safely and independently in their homes for as long as possible. We have the knowledge and experience to connect you to the resources and services you need.



**Your Connection
to Care**

**800-589-7277
coaaa.org**