



Resources for Caregivers

Assembled by the Governor's Abuse and Neglect Prevention Task Force





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Websites for Caregivers

AREA AGENCIES ON AGING

An Area Agency on Aging (AAA) is a public or nonprofit private agency that helps older Arizonans and their caregivers. AAAs are chosen by the State to plan and coordinate the following services at the local level:

- Advocacy for older adults
- Information on programs, options, and community supports. Each AAA is unique in the services and resources it provides. We have included links to each of their websites and phone numbers for your benefit. It's a good idea to reach out to your local AAA to discover services offered. Some of the possibilities include nutrition services, Ombudsman services, help navigating the legal system, in-home or independent living support, and so much more. Becoming involved with your local AAA is one way to stay connected as you navigate the aging journey with your loved ones.

[Locate your AAA](#) or visit their websites directly by clicking on the appropriate link below.

MARICOPA COUNTY

Website: aaaphx.org

602-264-2255

Helpline: 602-264-4357

PIMA COUNTY

Website: pcoa.org

520-790-0504

Helpline: 520-790-7262

MOHAVE, LA PAZ, YUMA COUNTIES

Website: wacog.com

Mohave:

928-753-6247

La Paz and Yuma:

928-782-1886

YAVAPAI, COCONINO, NAVAJO, APACHE COUNTIES

Website: nacog.org

877-521-3500

PINAL AND GILA COUNTIES

Website: pgcsc.org

520-836-2758

1-800-293-9393

COCHISE, GRAHAM, GREENLEE, SANTA CRUZ COUNTIES

Website: seago.org

520-432-2528

NAVAJO NATION

Website: ndoh.navajo-nsn.gov

928-871-6869

INTER-TRIBAL COUNCIL OF ARIZONA

Website: itcaonline.com

602-258-4822





RESOURCES FOR CAREGIVERS

Many of the following resources provide education, support groups, and training opportunities for individuals who are caring for those living with an intellectual or developmental disability, a serious mental illness, or any type of dementia. While reviewing the resources offered please refer to this key:

Listed in alphabetical order:

TITLE OF THE COMPANY

Family Caregiver or Professional Caregiver
(This clarifies to whom the resource is best suited.)

RESOURCES

This is the section where you will find a list of resources offered through each organization.

THE WEBSITES ARE HYPERLINKED, SO YOU CAN CLICK ON THEM AND IT WILL TAKE YOU DIRECTLY TO THE WEBSITE.

PHONE NUMBERS ARE LISTED IF AVAILABLE.

This is also where you will find crisis lines.

IT WILL ALSO LIST THE COST PER PERSON, IF APPLICABLE.

Most family resources are free, but if there is a cost associated, it will be listed here.

ABILITY360

Professional Caregivers

Resources: Information and referrals, free services for individuals with disabilities.

Website: ability360.org

Cost: Contact for details

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

Family Caregivers

Resources: Education

Website: azahcccs.gov

Cost: Contact for details

ALISON

Family and Professional Caregivers

Resources: Education, caregiver training, professional development

Website:

- [Diploma in Caregiving](#)
- [Introduction to Caregiving](#)

Cost: Contact for details

ALZHEIMER'S ASSOCIATION*

Family and Professional Caregivers

Resources: Support groups, caregiving training, dementia training, professional development

Website: alz.org

Cost: Free

ARIZONA FATHERHOOD NETWORK DAD'S DIRECTORY

Family Caregivers

Resources: This is a booklet that outlines multiple avenues of support for family caregivers.

Website: des.az.gov

Cost: Free

ARIZONA HOSPICE AND PALLIATIVE CARE ORGANIZATION

Professional Caregivers

Resources: Caregiver training, education, webinars

Website: ahpco.org

Cost: Variable; contact for details.

ARIZONA COALITION TO END SEXUAL & DOMESTIC VIOLENCE

Family Caregivers

Resources: Training, Education, Advocacy

Website: acesdv.org

ASSISTED LIVING TRAINING SCHOOL (2 LOCATIONS: PEORIA AND TEMPE)

Professional Caregivers

Resources: Professional training, certification

Website: arizonacaregivertraining.net

Cost: Contact for details

AUTISM SOCIETY OF GREATER PHOENIX

Family Caregivers

Resources: Advocacy, education, caregiver training, support groups, therapy providers, community events

Website: phxautism.org

Cost: Free

AUTISM SOCIETY*

Family Caregivers

Resources: Advocacy, education

Website: autism-society.org

Cost: Free





AUTISM SPEAKS*

Family Caregivers

Resources: Advocacy, autism-friendly services, employment and post-secondary education, health providers, housing, recreation and community events

Website: autismspeaks.org

Cost: Free

ARIZONA CAREGIVER COALITION

Family and Professional Caregivers

Resources: Education, first-aid training for caregivers, respite, resources line

Website: azcaregiver.org

Resource Line: 888-737-7494

Email: info@AZcaregiver.org

Cost: Free

BE SAFE

Family Caregivers

Website: besafethemovie.com

LAKE HAVASU REGIONAL MEDICAL CENTER

Family Caregivers and Professional Caregivers

Resources: Safe online space for sharing updates on all types of health events.

Website: havasuregional.com

Cost: Free

CAREGIVER TRAINING INSTITUTE (TUCSON)

Professional Caregivers

Resources: Certification, professional development

Website: cgti.az.org

Cost: Contact for details

COPA HEALTH

Family Caregivers

Resources: education, caregiver training, support groups, respite

Website: copahealth.org

Cost: Free

FAMILY CAREGIVER ALLIANCE

Family Caregivers

Resources: Education, caregiver training, support groups

Website: caregiver.org

Videos: youtube.com

Cost: Free

FAMILY INVOLVEMENT CENTER

Family Caregivers

Resources: Advocacy, education, crisis hotline, youth services, groups, counseling, AHCCCS enrollment help

Website: familyinvolvementcenter.org

Crisis Hotline: 602-288-0155

Cost: Free

FATHER MATTERS

Family Caregivers

Resources: Education, support groups, mentoring

Website: fathermatters.org

Cost: Contact for details

FSL CAREGIVER HOUSE

Family Caregivers

Resources: Respite care, education, caregiver training, support groups

Website: fsl.org

Cost: Contact for details

HOME SWEET HOME CARE (REQUIRES REGISTRATION TO VIEW WEBSITE)

Family Caregivers

Resources: Education, videos

Website: flc.ipced.com

Cost: Free

NATIONAL ALLIANCE ON MENTAL ILLNESS*

Family Caregivers

Resources: Education, support groups,

Website: nami.org

Phone: 1-800-950-NAMI (6264)

Cost: Free





ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

Family Caregivers

Resources: Resources for Foster/Kinship/Adoptive Families

Website: azahcccs.gov

Cost: Free

ORION HOMES

Professional Caregivers

Resources: Certification, education, professional development

Website: orion-homes.com

Cost: \$35 - \$686. Contact for more details.

PILOT PARENTS OF SOUTHERN ARIZONA

Family Caregivers

Resources: Advocacy, sibling support groups, links to legal, government, and other resources,

Website: pilotparents.org

Cost: Free

PIMA COUNCIL ON AGING

Family and Professional Caregivers

Resources: Certification (through CGTI), education, training, professional development, support groups, transportation, meals, caregiver consultation, senior companion, legal assistance, long-term care ombudsman

Website: www.pcoa.org

Cost: Free

TRAINING VENUE

Professional Caregiver

Resources: Training, education, caregiver education

Website: trainingvenue.com

Cost: \$15 with coupon code dcw50

RAISING SPECIAL KIDS

Family Caregivers

Resources: Education, parent to parent support groups, training, videos, community events, NICU support group, Spanish resources

Website: raisingspecialkids.org

Cost: Free



RELIAS TRAININGS

Professional Caregivers

Resources: Training, education, certifications

Website: relias.com

Cost: Subscription must be maintained by the caregiver's organization.

SONORAN CENTER FOR EXCELLENCE IN DISABILITIES

Family Caregivers, Professional Caregivers

Resources: Two-hour virtual class on Health Care Advocacy offered the 3rd Monday of each month

Website: eventbrite.com

Cost: \$20

SOUTHERN ARIZONA NETWORK FOR DOWN SYNDROME

Family Caregivers

Resources: Support groups, community events, new-parent packets

Website: sandsaz.org

Cost: Free

SOUTHERN CAREGIVER RESOURCE CENTER*

Family Caregivers

Resources: Training, videos, live-stream Q&A

Website: caregivercenter.org

Cost: Free

SOUTHWEST AUTISM RESEARCH AND RESOURCE CENTER (SARRC)

Family Caregivers

Resources: Short-term interventions, community events, family support, education, training, support for people living with autism, diagnostic services

Website: autismcenter.org

***Denotes a resource that is either national or located outside of Arizona.**





A MESSAGE FROM OUR PARTNERS AT THE ARIZONA SEXUAL VIOLENCE & I/DD RESPONSE COLLABORATIVE

Dear Community Partners,

Launched in 2019, the Arizona Sexual Violence & I/DD Response Collaborative includes more than 50 different organizations, survivors and families. They work to ensure the needs of people who have intellectual, developmental or other disabilities aren't lost when addressing sexual violence.

The following are resources that were created and/or vetted by the Collaborative and housed at the [Arizona Coalition to End Sexual & Domestic Violence](#).

- The “Arizona Sexual Violence & Intellectual and Developmental Disabilities Response Collaborative Trainings” include training resources on sexual abuse for service providers, families and individuals with I/DD and schools.
- “Accessible Trauma Counseling Locations in Arizona for Sexual Assault Survivors with I/DD” provides a list of confirmed counseling services that currently accept individuals with developmental disabilities who are AHCCCS eligible.
- The “Self-Advocate Resource Guide” was developed by and for people with disabilities. The guide contains links to information about healthy relationships, sexual advocacy, and sexual abuse awareness. It also includes a rating system.
- The “Preventing Sexual Abuse in Arizona Schools: 2021 Suggested Protocols for Students with Intellectual, Developmental, or Other Disabilities” provides guidelines for schools, families, and legislators.

Please share these valuable resources with your networks and encourage their use as we all work to protect individuals with I/DD from all forms of abuse and neglect.

RESOURCES FOR PROFESSIONAL CAREGIVERS

ABILITY360

Professional Caregivers

Resources: Information and referrals, free services for people with disabilities

Website: ability360.org

Cost: Contact for details

ALISON

Family and Professional Caregivers

Resources: education, caregiver training, professional development

Website:

- [Diploma in Caregiving](#)
- [Introduction to Caregiving](#)

Cost: Contact for details

ARIZONA HOSPICE AND PALLIATIVE CARE ORGANIZATION

Professional Caregivers

Resources: Caregiver training, education, webinars

Website: www.ahpco.org

Cost: Variable. Contact for details.

ASSISTED LIVING TRAINING SCHOOL (2 LOCATIONS: PEORIA AND TEMPE)

Professional caregivers

Resources: Professional training, certification

Website: arizonacaregivertraining.net

Cost: Contact for details

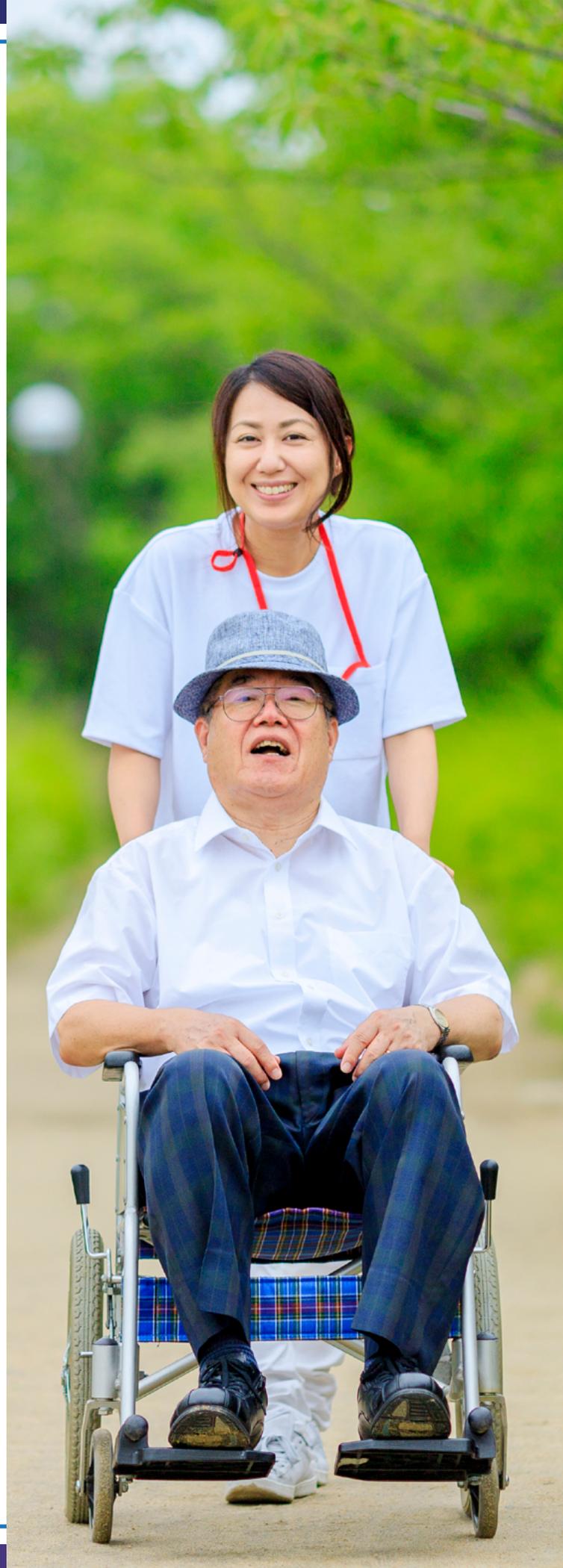
LAKE HAVASU REGIONAL MEDICAL CENTER: CARING BRIDGE

Family Caregivers and Professional Caregivers

Resources: Safe online space for sharing updates on all types of health events.

Website: havasuregional.com

Cost: Free



ORION HOMES

Professional Caregivers

Resources: Certification, education, professional development

Website: orion-homes.com/school

Cost: \$35 - \$686. Contact for more details.

PIMA COUNCIL ON AGING

Family and Professional Caregivers

Resources: Certification (through CGTI), education, training, professional development, support groups, transportation, meals, caregiver consultation, senior companion, legal assistance, long-term care ombudsman

Website: pcoa.org

Cost: Free

TRAINING VENUE

Professional Caregiver

Resources: Training, education, caregiver education

Website: trainingvenue.com

Cost: \$15 with coupon code dcw50

RELIAS TRAININGS

Professional Caregivers

Resources: Training, education, certifications

Website: relias.com

Cost: Subscription must be maintained by the caregiver's organization.

SONORAN CENTER FOR EXCELLENCE IN DISABILITIES

Family Caregivers, Professional Caregivers

Resources: Two-hour virtual class on Health Care Advocacy, offered the 3rd Monday of each month

Website: eventbrite.com

Cost: \$20



RELIAS

These training courses are available to organizations that maintain a subscription to [Relias Learning Management](#), a specialized learning platform for healthcare professionals.

EMPLOYEE WELLNESS – EMOTIONAL INTELLIGENCE: FEELING & THINKING (.25 CREDIT HOURS)

Course Code: REL-ALL-0-EINTELEFT-V2

Emotional intelligence (EQ) is the ability to understand, express, and regulate your own emotions and your awareness of what the people around you are feeling. This module will explain a little bit about how emotions work in the brain and how developing your EQ can improve your quality of life.

EMPLOYEE WELLNESS – SIDE EFFECTS OF CARE GIVING (.25 CREDIT HOURS)

Course Code: REL-ALL-0-SECG-V

Caregiving demands a tremendous amount of compassion and empathy. While this can be incredibly rewarding, it can cause adverse side effects.

EMPLOYEE WELLNESS – STRESS MANAGEMENT (.25 CREDIT HOURS)

Course Code: REL-ALL-0-STRMGT-V2

Stress is part of everyone's life. You can't escape stress, but you can learn to respond differently. This course will teach you to identify triggers and develop a personal stress management plan.

COMPASSION, FATIGUE AND SATISFACTION – RELIAS WEBINAR (1.25 CREDIT HOURS)

Course Code: REL-BHC-NCCBH-CFCS

Working in a trauma-informed way requires constant focus, self-awareness, and positive energy. Accomplishing this requires that a trauma-informed approach prioritizes an organization taking care of employees, coworkers taking care of each other, and finally caring for yourself.

EMPLOYEE WORKPLACE WORK-LIFE BALANCE (.25 CREDIT HOURS)

Course Code: REL-ALL-0-WLBAL-V2

Today's fast paced workplace along with the 24/7 nature of the digital age has resulted in a common experience, a lack of work-life balance. Over time, this can result in job dissatisfaction and personal burnout. This course will explore the factors causing imbalance between work and home and teach you how to make changes in both areas to restore balance.





UNIVERSITY CENTERS FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES (UCEDD)

UNIVERSITY CENTERS FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES (UCEDD)

University Centers for Excellence in Developmental Disabilities (UCEDD) are federally designated centers and are located in every state. Each one serves as a resource for its community in the areas of education, research, and service related to the needs of people with developmental and other disabilities. The reciprocal exchange of information between the community and its universities promotes better personnel preparation and the creation of better systems of service for the benefit of people with disabilities. Through Interdisciplinary Training, Research & Evaluation, Community Services & Programs, and Technical Assistance & Information Dissemination, UCEDDs ensure full community participation by people with disabilities. There are two UCEDDs in Arizona. Each center has its own area of focus and expertise and collaborates with local and national partners to address the needs of the state. Please contact each UCEDD to learn more about their areas of emphasis:

INSTITUTE FOR HUMAN DEVELOPMENT – NORTHERN ARIZONA UNIVERSITY

Website: nau.edu

Phone: 928-523-5590

Email: ihd@nau.edu

SONORAN CENTER FOR EXCELLENCE IN DISABILITIES – UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE

Website: sonoranucedd.fcm.arizona.edu

Phone: 520-626-0442

Email: ucedd@email.arizona.edu



CRISIS HOTLINES AND WARMLINES

National Suicide Prevention Lifeline: 1-800-273-8255

SILVER ALERT

Can be called when anyone aged 65 or older, under the age of 65 and diagnosed with dementia, or anyone with a cognitive or developmental disability goes missing.

You must call **911** to start the process with local law enforcement.

RESILIENT ARIZONA CRISIS COUNSELING PROGRAM

Call **2-1-1** for free COVID-19 crisis counseling or visit

Website: resilientarizona.org

SUICIDE AND CRISIS HOTLINES BY COUNTY

- **Maricopa County served by Mercy Care:**
1-800-631-1314 or 602-222-9444
- **Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health – Complete Care Plan:**
1-866-495-6735
- **Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona:**
1-877-756-4090
- **Gila River and Ak-Chin Indian Communities:**
1-800-259-3449
- **Salt River Pima Maricopa Indian Community:**
1-855-331-6432

ESPECIALLY FOR TEENS

Teen Life Line phone or text: **602-248-TEEN (8336)**

ESPECIALLY FOR VETERANS

Veterans Crisis Line: **1-800-273-8255 (press 1)**

Be Connected: **1-866-4AZ-VETS (429-8387)**

NATIONAL 24-HOUR CRISIS HOTLINES

National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**

National Substance Use and Disorder Issues Referral and Treatment Hotline: **1-800-662-HELP (4357)**

Text the word **“HOME”** to **741741**

BEHAVIORAL HEALTH:

Family Run Organizations, Parents, and Caregivers Supporting Children

CARING CONNECTIONS FOR SPECIAL NEEDS, LLC

(Benson, Sierra Vista, Payson, Douglas, Safford and Tucson)

Website: ccsneeds.com

Phone: 520-686-9436

FAMILY INVOLVEMENT CENTER (FIC)

(Phoenix, Prescott, Flagstaff, and Tucson)

Website: familyinvolvementcenter.org

Phone: 877-568-8468 or 602-288-0155

MENTALLY ILL KIDS IN DISTRESS (MIKID)

(Phoenix, Tucson Yuma, Casa Grande, Kingman, Nogales)

Website: miked.org

Phone: 602-253-1240

REACH FAMILY SERVICES

(Phoenix)

Website: reachfs.org

Phone: 602-512-9000

BEHAVIORAL HEALTH:

Adult Family Support, for Friends and Family Supporting an Adult AHCCCS Member

ARIZONA COMPLETE HEALTH – COMPLETE CARE PLAN

Website: azcompletehealth.com

Phone: 1-888-898-4408

CARE 1ST HEALTH PLAN ARIZONA

Website: care1staz.com

Phone: 1-866-560-4042

BANNER – UNIVERSITY FAMILY CARE

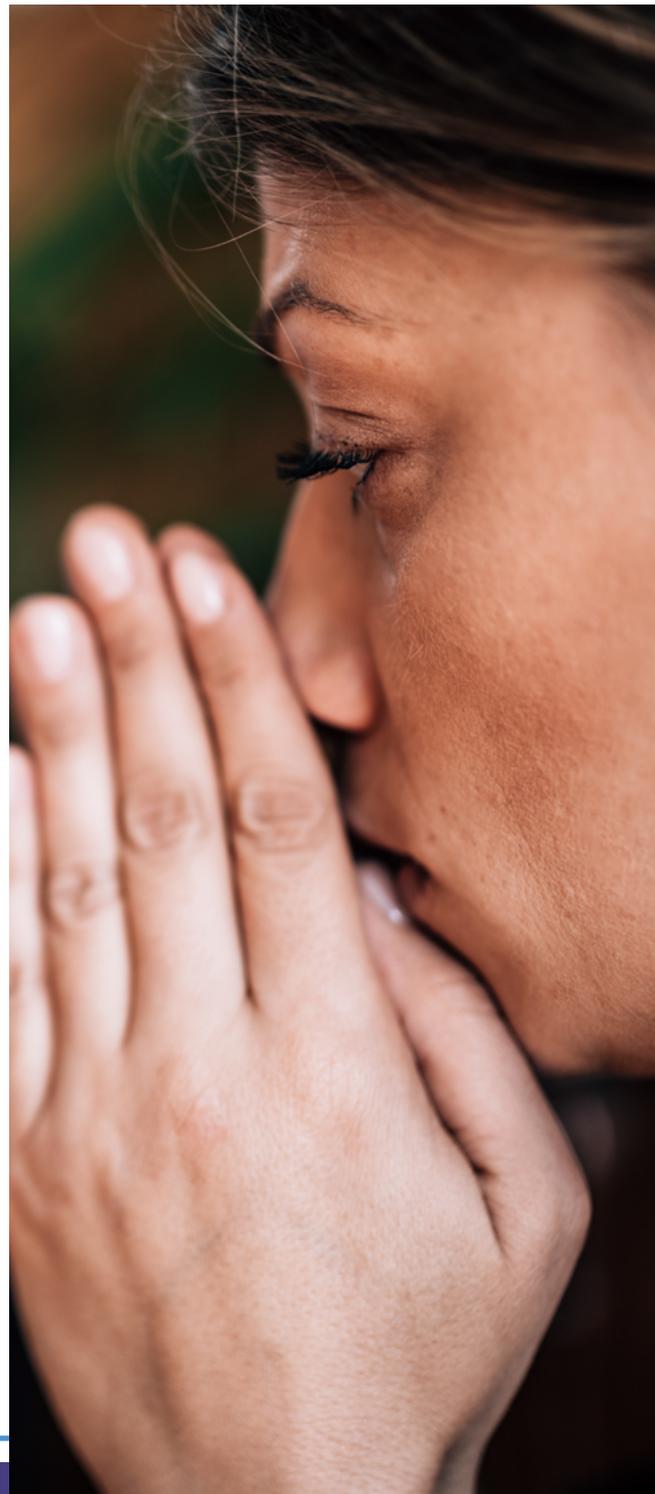
Website: bannerufc.com

Phone: 1-800-582-8686

HEALTH CHOICE

Website: healthchoiceaz.com

Phone: 1-800-322-8670





MOLINA COMPLETE CARE

Website: mccofaz.com

Phone: 1-800-424-5891

MERCY CARE

Website: mercycareaz.org

Phone: 1-800-624-3879

UNITED HEALTHCARE COMMUNITY PLAN

Website: uhccommunityplan.com

Phone: 1-800-348-4058

ARIZONA DEPARTMENT OF CHILD SAFETY

Website: dcs.az.gov

Phone: 602-212-4983 or 1-833-711-0776

ARIZONA WARMLINE FOR FAMILIES

Free and confidential to support family members that deal with behavioral health challenges.

Family Involvement Center-Statewide

Weekdays: 8:00 A.M. - 6:00 P.M.

Weekends: 8:00 A.M. - Noon

1-877-568-8468

Website: familyinvolvementcenter.org



RESPITE SERVICES FOR FAMILY CAREGIVERS

ALTCS ELIGIBLE MEMBERS

Respite care is available through their Long-Term Care Health Plan

Contact: Program Contractor

ARIZONA CAREGIVER COALITION

Family and Professional Caregivers

Resources: Education, first-aid training for caregivers, respite, resources line

Website: azcaregiver.org

Resource Line: 888-737-7494

Email: info@AZcaregiver.org

Cost: Free

DES/DDD

Website: des.az.gov

Cost: Contact for Details

ELDERCARE LOCATOR

Individuals eligible for respite care under this program are:

- Family caregivers providing care for individuals age 60 or older or individuals living with Alzheimer's disease and related disorders, regardless of age.
- Relative caregivers (not parents) 55 years of age and older providing care to children under age 18.
- Relative caregivers 55 years of age and older providing care to adults ages 18-59, with disabilities, to whom they are related by blood, marriage, or adoption.
- Tribal Organizations can set a lower age than 60 for members to be considered as elders eligible for services.

Website: eldercare.acl.gov

ARIZONA CAREGIVER COALITION LIFESPAN RESPITE PROGRAM

Website: azcaregiver.org

Cost: Free

RYAN HOUSE

Respite care for families with children as they navigate life-limiting or end-of-life journeys.

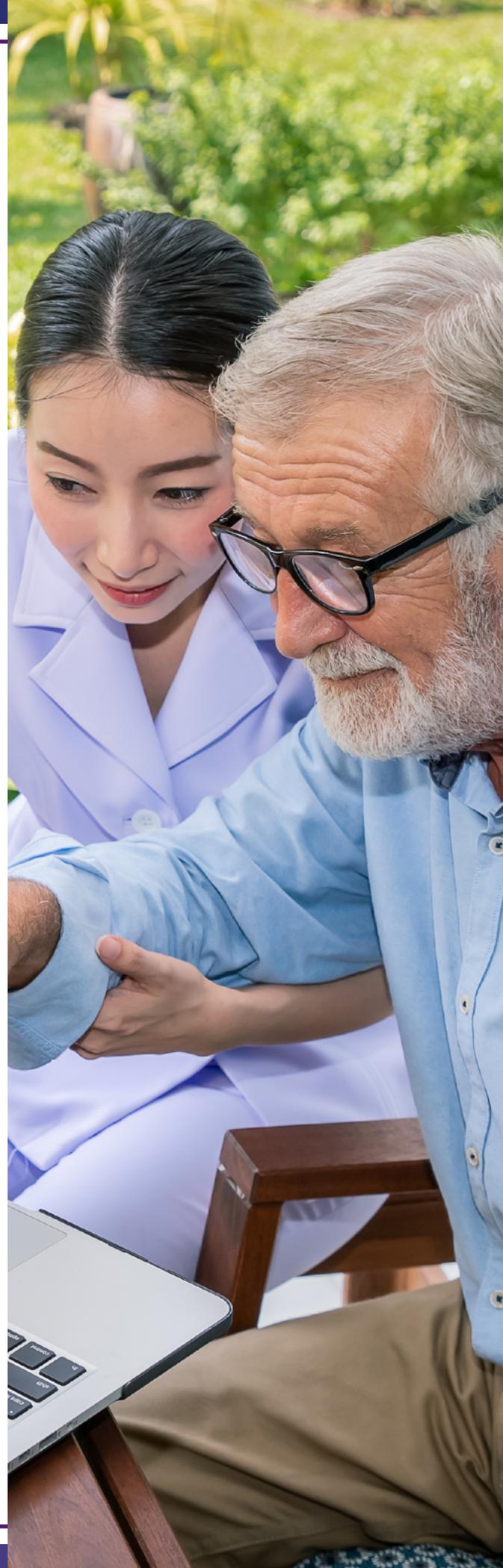
Website: ryanhouse.org

Cost: Free

U.S. DEPARTMENT OF VETERANS AFFAIRS: VA CAREGIVER SUPPORT PROGRAM

Website: caregiver.va.gov

Phone: 1-855-260-3274





SELF-CARE & COMPASSION FATIGUE

DAILY CARING

Website: dailycaring.com

DAMES CHARITIES

Website: damescharities.org

DUET

Family caregivers and grandparents raising grandchildren.

Website: duetaz.org

Care2Caregivers

Website:

- care2caregivers.com

HOSPICE OF THE VALLEY

Website: hov.org

PHOENIX SOCIETY FOR BURN SURVIVORS

Website: phoenix-society.org



ADDITIONAL RESOURCES FOR FAMILY CAREGIVERS

ALZHEIMER'S ASSOCIATION

Website:

- [Caregiver Stress Check](#)
- [10 Symptoms of Caregiver Stress](#)
- [Be a Healthy Caregiver](#)
- [Caregiver Depression](#)
- [Grief and Loss](#)

AREA AGENCY ON AGING: REGION ONE, INCORPORATED

Website:

- [Caregiver's Survival Tips](#)

BANNER ALZHEIMER'S INSTITUTE

Website:

- [Caregiver Stress](#)
- [Ambiguous Loss](#)

CARING.COM

Website:

- [A Caregiver's Guide to Coping with Stress and Burnout](#)

CAREGIVER ACTION NETWORK

Website:

- [Ten Tips for Family Caregivers](#)

CAREGIVING WEBSITES

NATIONAL INSTITUTE ON AGING

Includes tools

Website:

- [Taking Care of Yourself](#)
- [How to Share Caregiving Responsibility](#)

CENTERS FOR DISEASE CONTROL AND PREVENTION

Disability & Health Information for Families

Website: [cdc.gov](https://www.cdc.gov)

SIBLING SUPPORT PROJECT

Website: siblingsupport.org

HEALTH IN AGING

Website: [healthinaging.org](https://www.healthinaging.org)

FAMILY CAREGIVER ALLIANCE

Website: [caregiver.org](https://www.caregiver.org)

- [Caring for Yourself](#)
- [Taking Care of YOU](#)

AREA AGENCY ON AGING (AAA)

A public or nonprofit private agency that helps older Arizonans (supports caregivers 18 and older). Many provide caregiver support programs. There are 8 geographic regions.

Website: des.az.gov

ADMINISTRATION FOR COMMUNITY LIVING

Resources and State Assessment Tools

Website: [acl.gov](https://www.acl.gov)

- [Caregiver Assessment](#)

CAREGIVER ACTION NETWORK (CAN) TOOLBOX

Website: [caregiveraction.org](https://www.caregiveraction.org)





TOOLS FOR CAREGIVING ASSESSMENT, PROVIDING CARE AND PREPARE FOR EMERGENCY

**CENTERS FOR DISEASE CONTROL AND
PREVENTION (CDC)**

Website: [cdc.gov](https://www.cdc.gov)

**UNIVERSITY OF SOUTH FLORIDA
FLORIDA CENTER FOR INCLUSIVE
COMMUNITIES:**

Website: flfcic.fmhi.usf.edu

UNIVERSITY OF BRITISH COLUMBIA

Caregiver Decision Guide

Website: [caregiverdecisionguide](https://caregiverdecisionguide.ca)

- [PDF version](#)

ADMINISTRATION FOR COMMUNITY LIVING

Website: acl.gov

NATIONAL INSTITUTE ON AGING/NIH

Website: nia.nih.gov

ARIZONA CENTERS FOR INDEPENDENT LIVING

Name	Address	Website(s) and Email Addresses	Phone Number(s)	Counties Served
Ability360	5025 East Washington Suite 200 Phoenix, AZ 85034	ability360.org azbridge@ability360.org	602-256-2245 602-254-6407 (fax) 602-296-0591 (TTY)	Maricopa and parts of Pinal, Gila, Mohave
ASSIST! To Independence	P.O. BOX 4133 Tuba City, AZ 86045		928-283-6261 928-283-6284 (fax)	Coconino, Navajo, Apache (within boundaries of Navajo Nation)
DIRECT Center for Independence, Inc.	1001 N. Alvernon Way Tucson, AZ 85711	directilc.org direct@directilc.org	520-624-6452 800-342-1853 520-792-1438 (fax) 520-624-6452 (TTY)	Pima, Graham, Greenlee, Santa Cruz, Cochise
New Horizons Disability Empowerment Center	9400 E. Valley Road Prescott Valley, AZ 86314	nhdec.org dhenderson@nhdec.org	928-772-1266 800-406-2377 928-772-3808 (fax) 928-772-1266 (TTY)	Mohave, Yavapai, Coconino, Navajo, Apache
SMILE Independent Living Center	1929 Arizona Ave Suite 11 Yuma, AZ 85364	smile-az.org info@smile-az.org	928-329-6681 866-239-7645 928-329-6715 (fax) 928-782-7458 (TTY)	Yuma, La Paz



A SPECIAL THANKS

The Governor's Abuse and Neglect Prevention Task Force, Recommendation #25 Caregiver Stress Workgroup would like to thank the following organizations and individuals:

Arizona Caregivers Coalition

Jutta Ulrich

**Arizona Department of Economic Security
Division of Aging and Adult Services**

Rebecca Dick

**Arizona Department of Economic Security
Division of Developmental Disabilities**

Angela Venne

Deborah Grace

Jaime Reddy

Leah Gibbs

Sven Olsen

Arizona Developmental Disabilities Planning Council

Erica McFadden

Arizona Health Care Cost Containment System

Melissa Arzabal

Susan Kennard

COPA Health

Camilla Parker

Mercy Care

Laura Piontkowski

**Northern Arizona University Institute for Human
Development**

Kelly Roberts

Michele Lee

Ronda Jenson

Raising Special Kids

Janna Murrell

Sonoran Center for Excellence in Disabilities

Lynne Tomasa

Wendy Parent-Johnson

Yumi Shirai

The ARC of Arizona

Jon Meyers

The Opportunity Tree

Gina Griffiths

United Healthcare Community Plan

Dawn McReynolds

and our many community partners for their contributions to this resource.



Equal Opportunity Employer / Program • Auxiliary aids and services are available upon request to individuals with disabilities • TTY/TDD Services 7-1-1 • Disponible en español en línea o en la oficina local.

DES-1235A PAMENG (11-21)

