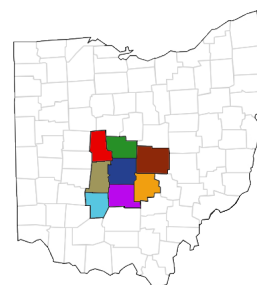


Central Ohio Area Agency on Aging SUPPORT GROUP Guide



Counties Served

Delaware
Fairfield
Fayette
Franklin
Licking
Madison
Pickaway
Union



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



Your Aging and Disability Resource Network

This information is provided by the: 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 the COAAA website (www.coaaa.org) Or in your county, call one of these agencies:

- **Delaware**-Council for Older Adults 740-363-6677
- **Fairfield**-Meals on Wheels Older Adult Alternatives of Fairfield Co. 740-681-5050
- **Fayette**-Community Action Commission of Fayette Co. 740-335-7282
- **Franklin**-Franklin Co. Office on Aging 614-525-6200
- **Licking**-Licking Co. Aging Program 740-345-0821 or 800-452-0097
- **Madison**-Madison Co. Senior Center 740-852-3001
- **Pickaway**-Pickaway County Senior Center 740-474-8831
- **Union**-Union County Senior Services 937-644-9629

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.
- 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.
- There are many types of groups available; general, disease condition related, and even online groups. Listed below are some of the many support groups for older adults, individuals with disabilities and their families in the Central Ohio region.

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

Table of Contents

| <u>Topic</u> | <u>Page No.</u> |
|---|-----------------|
| National Family Caregiver Support Program | Inside Cover |
| What Are Support Groups? | Inside Cover |
| Area Wide Listings of Support Group Information (Counties covered: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, Union) | |
| • Amyotrophic Lateral Sclerosis(ALS) | 2 |
| • Alzheimer's & Related Disorders | 2 |
| • Amputee Challenges | 2 |
| • Arthritis | 2 |
| • Brain Injury/Spinal Cord Injury | 2 |
| • Cancer | 3 |
| • Caregiver(General) | 3 |
| • Developmental Disabilities(For Individuals, & Families) | 4 |
| • Diabetes | 4 |
| • Epilepsy | 4 |
| • Grief | 5 |
| • Heart and Cardiovascular Diseases | 5 |
| • Huntington's Disease | 6 |
| • Kinship Care/Grandparents Raising Grandchildren | 6 |
| • LGBT Issues | 6 |
| • Lupus | 6 |
| • Mental Health Issues | 7 |
| • Multiple Sclerosis | 7 |
| • Parkinson's Disease | 7 |
| • Stroke | 7 |
| • Veterans | 8 |
| • Vision Loss | 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 web sites 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 Groups in Central Ohio

ALS(Amyotrophic Lateral Sclerosis) Support Groups

Contact: ALS Society-866-273-2572 www.alsohio.org

- 1st Non-holiday Monday of the month, 6:30 pm- 8:30pm
The Forum at Knightsbridge,
4625 Knightsbridge Blvd., Columbus
For Both Patients & Caregivers

Alzheimer's & Related Disorders Association Support Groups

Extensive types of groups 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.

Amputee Support Groups

Several different types of groups meet in Central Ohio. The Association website is www.amputee-coalition.org.

Arthritis Support Groups

Central Ohio Arthritis Foundation provides locations and times. Call Chris Parsons at 614-503-5589 or the general number is 614-876-8200x6207. Their website is www.arthritis.org

Brain Injury/ Spinal Cord Injury Support Groups

Central Ohio hosts a variety of different types of groups. **Go to www.biaoh.org(Brain Injury Assn. or Ohio)** or call (614)481-7100 or 800-644-6242 for times & locations.

Dodd Hall at the Ohio State University also hosts a number of groups. For a listing go to www.medicalcenter.osu.edu/rehabilitation/support or call 614-293-0689 or 614-293-3830.

Cancer Support Groups

Websites & Phone Numbers---check to receive updated times & locations

- www.cancersupportohio.org or 614-884-4673(Cancer Support Ohio)
- www.cancer.osu.edu or call 800-293-5066
- www.mtcarmelhealth.com or call 614-234-LIFE (5433)
- www.cancer.org or call 800-227-2345
- www.ohiohealth.com or call -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)
- www.fmch.org or call 740-678-8261(Fairfield Medical Center)
- 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 Groups **(General-Non Disease Specific)**

- **Central Ohio Area Agency on Aging:**
 - “Caregivers Toolbox” Education Programs available. Call Lynn Dobb at 614-645-3885 or go to the website www.coaaa.org to arrange to have a program presented to your group.
 - Monthly Caregiver Support Groups at the Central Ohio Area Agency on Aging, 174 E. Long St., Columbus, OH, 3rd Wednesday of each month, two groups 12-1pm and 5:30-7pm. Call Lynn Dobb or go to the Website for more information.
- **Union County Caregiver Lunch Bunch** hosted by Union County Senior Services. For more information call 937-644-9629 or check the website at www.ucseniors.org.



Developmental Disabilities Support Groups for Individuals & Families

- A variety of types of support groups are available for individuals who are diagnosed with a developmental disabilities 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. 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 and at number 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
- **The Autism Society of Central Ohio** has many support groups at www.autismcentralohio.org and 614-284-6323.

Diabetes Support Groups

- Go to www.diabetesohio.org or call 614-844-4400 for 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 Groups

Several types of groups in Central Ohio. Go to: www.epilepsy-ohio.org or call 614-358-0874 for the most up-to-date list.

Grief Support Groups

- **Children’s Advocacy Project**—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. Call 614-822-8986 for more information.
- **Fairfield Medical Center Hospice Grief Support Group** call 740-654-7077.
- **Gentiva Health Care Grief Support Groups**
Contact: 614-414-0500 for offerings
- **Hospice of Central Ohio.** Contact 800-804-2505 or www.hospiceofcentralohio.org
- **LGBTQA Grief Support Group** Contact Stonewall Columbus at 614-930-2277 for more information.
- **Mount Carmel East, Mount Carmel Hospice and Evergreen Center**
Contact: 614-234-0265 or 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/griefsupportclasses for dates and times.
- **Widows-Widowers Support Group**
Maple Grove United Methodist Church 7 W. Henderson Rd, Columbus
Call for dates and times: 614-533-6060.
- **Union County Mending Hearts Lunch Bunch** – call Loving Care Hospice at 937-644-1928

Heart & Cardiovascular Diseases Support Groups

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

- www.mtcarmelhealth.com or 614-234-5433.
- www.medicalcenter.osu.edu/patientcare for a list or call 800-293-5123 also-www.mendedheartscentralohio.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**
2nd Thursday of each month
Atonement Lutheran Church, 1621 Francisco, Rd,
Contact: 614-460-8880 or 866-877-4372 or www.hdsacentralohio.org
For both Patients and Caregivers

Kinship Care/Grandparents Raising Grandchildren Support Groups

- Information on support groups and services around Ohio found at www.ohiograndparentkinship.org
- Also 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.

LGBT Support Groups

There are a wide variety of support groups available and listed on the website www.stonewallcolumbus.org. Or call 614-299-7764 for list of dates, times and topics.

Lupus Support Groups

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.

Mental Health Support Groups

- **Mental Health America of Franklin County** sponsors a variety of groups. Go to www.mhafc.org or call 614-221-1441 for times & locations.
- **Mental Health America of Licking County** sponsors a variety of groups. Go to www.mhalc.org or call 740-522-1341 for times & locations.
- **Mental Health America of Union County** sponsors a variety of groups. Call 937-642-0935 for times & 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

Multiple Sclerosis Support Groups

- Go to www.msohiobuckeye.org or call 800-344-4867 for times & locations of other groups
- **Fairfield Center for Disabilities MS Support Group** at 740-653-5501.

Parkinson Disease Support Groups

Extensive types of groups in Central Ohio. Go to www.centralohioparkinson.org or call 614-890-1901 or 866-920-6673 for the most up-to-date list.

Stroke Support Groups

- Central Ohio hosts several different varieties of groups. Many types of local groups listed at the **National Stroke Association** website at www.nationalstroke.org.
- Go to www.mtcarmelhealth.com or call 614-234-5433.
- Go to www.medicalcenter.osu.edu/patientcare or call 800-293-5123.
- **Aneurysm Support Group** at Dodd Hall Rehabilitation Center at the OSU on the 2nd Thursday of each month. Call 614-293-0689 for more information and a calendar of monthly topics.

Veterans Support Groups

- 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 veterans 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 **www.caregiver.va.gov** or call the hotline at 855-260-3274. The local contact for caregiver support Georgeann McCrary, 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** 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**, R.B. Hayes County Services Bldg.
149 N. Sandusky Street, Delaware, OH 43025, 740-833-2010
 - **Fairfield County**, 227 E. Main Street, Lancaster, OH 43130
740-652-7920
 - **Fayette County**, 133 E. Main Street, Lancaster, OH 43130
740-335-1610
 - **Franklin County**, 250 West Broad Street , 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 or 800-686-2308

Vision Loss Support Groups

- Worthington Low Vision Group. For more information, call Syntero at 614-273-2958 or visit **www.syntero.org**. Syntero is a new agency which is a collaboration between the former Northwest Counseling Services, and the Dublin Counseling Center. It serves northwestern Franklin County, including the Grandview, Upper Arlington, Hilliard, Dublin, Worthington, Washington Township and northwest Columbus areas.

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:

Centers for Independent Living

- **MOBILE: Center for Independent Living** (Mid Ohio)
690 High Street | Columbus, Ohio 43206
Phone: 614-443-5946, www.mobileonline.org
- **SOCIL (Southeastern Ohio Center for Independent Living)**
Fairfield County Office, 418 South Broad Street, Lancaster, Ohio 43130
(740) 689-1494
Hocking County Office, 1369 East Front Street Logan, Ohio 43138
(740) 380-1475, www.socil.org
- **CDE Center for Disability Empowerment**
670 Morrison Rd., Suite 200, Gahanna, OH 43230 (614) 575-8055
www.disabilityempowerment.net

Senior Service Providers

- **Delaware County Council for Older Adults**, 800 Cheshire Dr.
Delaware, OH 43015, 740-363-6677, www.growingolder.org
- **Meals on Wheels Older Adult Alternatives of Fairfield Co**, 253
Boving 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.seniorcenterelmst.com
- **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 or 800-452-0097, www.lcap.org
- **Madison Co. Senior Center** 280 W. High St., London, OH 43140,
740-852-3001, www.mcsenior.org
- **Pickaway County Senior Center**, 2105 Chickasaw Dr., P.O. Box 565,
Circleville, OH 43113, 740-474-8831, www.pickawayseniors.org
- **Union County Senior Services**, STE D128, 18000 St. Rt. 4,
Marysville, OH 43040, 937-644-9629, www.ucseniors.org

Central Ohio Area Agency on Aging (COAAA) Presents Other Topics in The Caregiver Guide Series:

- The Caregiver Resource Manual-Tools for Independent Living
- Central Ohio Housing Guide for Seniors & Individuals who have a Disability
- Central Ohio Private Homecare Guide for Seniors & Individuals who have a Disability
- Central Ohio Utility Guide for Older Seniors & Individuals who have a Disability
- Central Ohio Prescription Guide
- Books, Videos and Websites for Caregivers

Download them from the website: www.coaaa.org

Call and request a copy at **1-800-589-7277**

Also available from the COAAA is the Central Ohio Resource Guide which provides a comprehensive list of services and agencies serving older adults, their families & individuals who have a disability.



Your Aging and Disability Resource Network