

Adult Daycare/Respite Care

Hilarity for Charity

- <https://wearehfc.org/>
- Email: info@wearehfc.org
- Seth Rogan's non-profit "Bringing Light To Alzheimer's" – through fundraising comedy tours funds are raised to provide caregiver support, education/training, online support groups and caregiver respite grant programs.
- Respite grant programs include either in-home care respite or adult day center respite.
- In-home respite grant for 100 hours total to be used within 3 months of award through Home Instead care agency. Home Instead has three locations in Montana: Kalispell, Helena and Bozeman.
- Adult day care respite grant for 24 days of respite care to be used with 3 months for the first date of care. Recipients have the freedom of choice to use the grant funding to pay for adult day respite through their choice of provider including memory care or assisted living communities that offer respite day services
- Limit of 3 grant awards within 18 months. Apply online.

Edgewood Kalispell Memory Care

- <https://www.edgewoodhealthcare.com/community/kalispell/>
- <https://www.facebook.com/edgewoodkalispell>
- Phone: [\(406\) 203-1129](tel:(406)203-1129) | 141 Interstate Lane, Kalispell MT

Kalispell Rehab and Nursing

- <https://kalispellrehab.com/services>
- Phone: [\(406\) 755-0800](tel:(406)755-0800) | 171 Heritage Way, Kalispell MT

The Lodge/The Retreat at Buffalo Hill

- <https://www.ilcorp.org/memory-support>
- Phone: [\(406\) 752-9625](tel:(406)752-9625)

Montana Life Span Respite Voucher Program

- <https://dphhs.mt.gov/respite/>
- Phone: [\(406\) 234-6034](tel:4062346034) | [1-800-224-6034](tel:18002246034) | DEAP 2200 Box Elder Suite 151, Miles City, MT

Agency on Aging – Respite Services

- Phone: [\(406\) 758-5730](tel:4067585730) | 40 11th St. W, Kalispell MT

Shepherd's Hand Volunteer Caregiving

- <https://shepherdshand.com/>
- Phone: [\(406\) 260-3502](tel:4062603502) | Email: info@shepherdshand.com | 911 Wisconsin Ave #104, Whitefish MT

Flathead Respite Care

Flathead Respite Care is a newly established 501c3 nonprofit organization in Kalispell, Montana, dedicated to providing innovative, community-based dementia respite services across Flathead County. Our respite ministry follows the national model of Respite for All and is designed to provide a place of love and community for people living with all types of memory loss, including Alzheimer's, Parkinson's, stroke, age-related and other dementias. Along with a trained group of generous, caring and capable volunteers, we experience the deep joy of creating a community where people living with memory loss are valued for who they are today.

A Safe Haven

We operate every **Monday and Wednesday from 10:00 am to 2:00 pm at Bethlehem Lutheran Church** where we offer a safe, nurturing environment filled with a variety of thoughtfully chosen activities including brain games, memory stimulation, socialization opportunities, gentle exercise/movement/dance activities, art, music, community service projects and a nutritious lunch.

Care for the caregivers

Many people are choosing to help their loved ones live at home for as long as possible, but caring for someone who is living with dementia can be challenging. Flathead Respite Care is designed to provide “respite”, or relief, for the caregivers and afford them free time so they can run errands, take care of business, or engage in self-care.

If you would like to experience Flathead Respite Care, please contact us to schedule a free visit. Due to confidentiality and participation limitations, we are unable to accept drop-ins.

Ph. 406-201-9151

email: info@flatheadrespite.org

www.flatheadrespite.org

www.respiteforall.org

Caregiver Support

A Place for Mom

- <https://www.aplaceformom.com>

AARP – Family Caregiving

- <https://www.aarp.org/caregiving>

Agency on Aging and Life Care Experts – Dementia Education Series and Dementia Caregiver Open Forums

- Phone: (406) 758-5730 | Agency on Aging, 40 11th St. West, Kalispell MT
- Dementia Education classes held the second Wednesday of each month from 10:30 a.m. – 12 p.m. in the second floor conference room at Agency on Aging.
- Dementia Caregiver Open Forum held the fourth Monday of each month from 3 – 4 p.m. in the dining room at Agency on Aging.
- Free to attend and no registration required.

Agency on Aging

- <https://flathead.mt.gov/department-directory/agency-aging/resources/caregiver-corner>
- Phone: [\(406\) 758-5730](tel:4067585730)

Alzheimer's Association

- <https://www.alz.org/help-support/resources/helpline>
- Phone: [\(800\) 272-3900](tel:8002723900) – 24/7 help line with trained counselors

Dementia Caregivers Support Group

- <https://www.facebook.com/groups/672984902717938>

Family Caregiver Alliance

- <https://www.caregiver.org>

Immanuel Lutheran Alzheimer's & Dementia Caregiver Support Group

- Phone: (406) 858-0653 | Email: hbrown@ilcorp.org | The Terraces at Immanuel Living – 40 Claremont St., Kalispell MT

National Council on Aging

- <https://www.ncoa.org/caregivers>

The Springs Dementia Caregiver Support Group

- Phone: (406) 826-8253 | 1001 River Lakes Pkwy, Whitefish MT
- Call in advance to attend.

Immanuel Living Parkinsons Caregiver Support Group

- Phone: (406) 858-0653 | Email: hbrown@ilcorp.org | The Terraces at Immanuel Living – 40 Claremont St., Kalispell MT

Flathead Valley Parkinsons Support Group

- <https://flatheadvalleyparkinsons.com/>
- email: Flatheadvalleyparkinsons@gmail.com
- Parkinson's education, support activities and events

Grief Groups

Tamarack Grief Resource Center

- <https://www.tamarackgrc.org>
- Phone: (406) 264-0724 | 17 2nd St East #202, Kalispell MT

Yoga Hive Grief Circle

- <https://www.yogahivemontana.com/grief-circle.html>
- Phone: (406) 862-1571 | 407 E 1st St., Whitefish MT
- Phone: (406) 862-1571 | 533 1st Ave E., Columbia Falls MT

Socialization Opportunities

Shepherd's Hand Memory Café

- <https://shepherdshand.com/>

- Phone: (406) 260-3502 | Christ Lutheran Church, 5150 River Lakes Parkway, Whitefish MT
- Email: info@shepherdshand.com
- Held the second Monday of the month from 10 – 11 a.m.
- A program to bring together individuals with memory loss and their caregivers to socialize, share experiences, engage in activities that promote cognitive function and enhance overall wellbeing. No cost to attend.

Dementia Mentors

- <https://www.dementiamentors.org>
- <https://www.dementiamentors.org/virtual-memory-cafes.html>
- <https://www.facebook.com/dementiamentors>
- Helping those living with dementia to stay social. Offers virtual memory cafes and educational videos on managing symptoms.

Memory Programs

Moneta

- <https://www.moneta.health/>
- At-home memory personalized program designed to improve memory, focus and communication abilities through licensed speech therapists. Care is accessible by phone – no travel, apps, logins or internet required. For individuals with mild cognitive impairment, traumatic brain injury, stroke, Alzheimer’s and related dementias, brain fog (COVID, Chemo Brain). Coverage by some insurances including Medicare, Tricare and MT Medicaid in certain areas (Great Falls).
- Local contact: Alex Rowley
- Ph. 844-535-6833 ext 840
- Email. alex.rowley@moneta.health

Additional Resources

The Alzheimer’s Store

- <https://www.alzstore.com/default.asp>

- Specialized products for individuals with dementia including dementia friendly activities, therapy, communication, and safety devices, medical equipment and educational books/cds.

The Life Care Experts

- <https://thelifecareexperts.com/>
- Phone: (406) 212-0620 | Email: Jennifer@thelifecareexperts.com – Jennifer Crowley

Attend LLC – Dementia Navigation and Caregiver Education

- Phone: (612) 231-5271 | Email: attendllc@gmail.com – Kerry Nagel

A.O. Consulting

Adult care management services including guardianship, case management and medical power of attorney.

2130 9th Street West #137, Columbia Falls, MT 59912

Angie O'Connor

Ph. 406-387-6794

Email: angie_oconnor_rn@aoconsults.net

Website: <https://www.angieoconnor.info/>

“My Life, My Values” A Worksheet for Those Facing Memory Loss

The purpose of this worksheet is to provide individuals facing memory loss with the opportunity to record their thoughts about the activities they enjoy and to share that information with their families and caregivers to assist them to provide the best possible care and quality of life.

<https://www.montana.edu/extension/alzheimers/mylifemyvaluesworksheet2025.pdf>