



Caregivers Find Support in Different Ways

August often peaks with caregiver burnout, and many caregivers look for small, steady ways to feel supported. Caregiving changes over time, and what helps in one season may shift in the next. These reflections come from caregivers who shared what helps them stay steady.

- I've found that knitting and crocheting help me settle down. The rhythm is calming.
- I use quick relaxation videos online when I need to reset. Holding a warm water bottle against my chest helps me feel grounded when things get overwhelming.
- Journaling a few lines reminds me that I'm still a whole person outside of caregiving. It helps me stay connected to myself.
- A short walk in the yard as I look for something small like a ladybug, a caterpillar, a tiny berry, it gives me a moment to breathe.

“You matter because you exist. Your care matters because it changes lives.”

– Fred Rogers

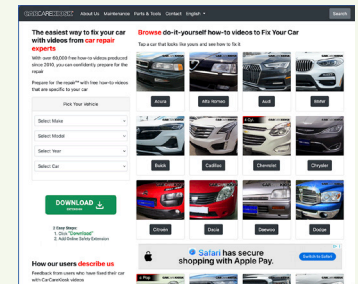


If you have a tip to share, email it to caregiver@careers.org.

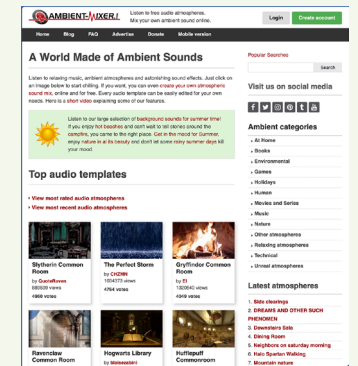
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[Supercook.com](https://www.supercook.com) – Suggests recipes based on what you tell it you have on hand in fridge and pantry.

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mylibrary-events.com – Enter a ZIP code and quickly filter for library events.

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[CarCareKiosk](https://www.carcarekiosk.com) – provides high-quality how-to videos for your car.



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[Ambient Mixer](https://www.ambientmixer.com) – sound mixer for ambience, good for background noise or sleep!



Safe Medication Return: Easy, Free, and Safer for Your Home

Caring for someone often means managing a lot of medications. When pills, liquids, or inhalers are no longer needed, Washington's **Safe Medication Return** program makes it simple to get rid of them safely — and it's always free.

Returning unused medication helps prevent accidental poisonings, overdose, and environmental harm. It's one of the easiest ways to keep your home safer.

Three easy options:

- **Drop-off kiosks** at many pharmacies and clinics
- **Free mail-back envelopes** you can order online
- **Community take-back events**

You can return most household medications, including prescriptions, over-the-counter items, liquids, patches, and inhalers. (They can't take vitamins, supplements, cannabis products, or exposed needles.)

Tip: Protect your personal information by removing personal or identifying information on the containers.

Find a kiosk or order envelopes at medtakebackwashington.org or call 844-633-7765 TTY 711.



Testing Sites For Home Care Aide

Test Site Name	Address	City	State	Contact Name	Phone number or email	Website URL
AFFABLE ACADEMICS, LLC	20049 104th NE SE	Kent	WA	Alimamy Kamara	206-512-6950/ greatclass4u@gmail.com	
ALHART HEALTHCARE TRAINING LLC	6405 218th St SW, Suite 303	Mountlake Terrace	WA	Edward Alhart	425-678-6093/ alharted@outlook.com	www.alharthealthcaretraining.net
ARISE & SPARKLE LLC	220 E. Wellesley Ave, Suite #20	Spokane	WA	Paul Matheri	scheduling@arisesparkle.com	www.sparkletrainingcenter.com
BRIGHT CONCEPTS TRAINERS LLC	10240 Bridgeport Way, SW	Lakewood	WA	Esther Niganga	253-426-0259	Brilliantconceptstrainers.com
CAREGIVER FOR HIRE USA, LLC	33301 1st Way S Building C-260	Federal Way	WA	Jonah Ferrer	253-517-3182 / cg4hire@comcast.net or jonahferrer@caregiverforhire.com	https://koalender.com/e/hca-state-certification-testing-caregiver-for-hire
CAREGIVER TRAINING AND HUBBARD CENTER	30821 Pacific Hwy S	Federal Way	WA	Kennedy Gicheti	206-460-9022	https://hubbardcenter.com/
CASCADE CONNECTIONS TRAINING CENTER	4350 Cordata Pkwy, Ste 201	Bellingham	WA	Laurel Nickerson	360-714-9355	
CHERRYWOOD CARE	100 E Dulke Ave	Spokane	WA	Alejandra Perdomo-Mena	509-484-3553, administrator@cherrywoodcare.com	
CITYVIEW ADULT FAMILY HOME	623 East Valleyview	Coxsack	WA	Janet Sandefur	js_cooke@hotmail.com	
CONCLAVE HEALTHCARE TRAINING	3022 E 57th Ave, Suite 17	Spokane	WA	Ryan Szymanski	509-315-4452/ info@conclavetraining.com	
DAYSPRING MEMORY CARE LLC	1712 NW 149th St	Vancouver	WA	Sonya Neal	360-726-6163/ sonyanealdayspring1712@gmail.com	
ELEVEN TRAINING CENTER	14422 Lake Rd	Lynnwood	WA	Carmelita Angeles	310-347-9388/ dang_1216@yahoo.com	
HEADWAY NURSING SERVICES	8412 South 124th St	Seattle	WA	Janice Angie	206-380-0042/ headwaynursing@gmail.com	
HIGHER LIVING LLC	4609 NE 115th St	Vancouver	WA	Carmen Sighele	360-903-3106/ higherlivinghealthcare@yahoo.com	www.higherlivinghealthcare.com
HOMELAND HEALTH CARE SOLUTIONS	7401 W Hood Place Ste 204	Kennecook	WA	Heather Michael	heather@solutionshomedcare.com	
JAMES PLACE	109 Norfolk Road	Winthrop	WA	Jessica Kuland	jamesplaceath@gmail.com	jamesplace.org
JOHN & JENNIFER DELEGATION SERVICES DBA NORTHCARE TRAINING	3717 196th St SW, Suite 203	Lynnwood	WA	Karly J. Coyne	(425) 239-5027/ nortcaretraining@gmail.com va.karlycoyne@gmail.com	https://www.nortcaretraining.com
NORTHCARE PASCO	5921 Road 60	Pasco	WA	Crystal Worcott	crystal@nortcarehealth.org	
PUYALLUP VALLEY ENHANCED RESIDENTIAL CARE INC	723 2nd ST NW	Puyallup	WA	Annette Galindo or Sarah Lambert	253-845-5398/ olm@puyallupvalleycare.org	reachhomecare.com/Training
REACH HOME CARE INCORPORATED	4310 24th Avenue, Ste 240	Kennecook	WA	Karen Daniels	(509) 688-0808 or (509) 491-17	
ROYAL HOME AIDE	1209 Central Ave S Ste 219	Kent	WA	Milicent Zinga	253-252-7266/ 253-539-7423/ 360-539-7423/	https://www.sandtrtraining.com/

DOH List of Home Care Aide Testing Locations

If you're getting ready for the Home Care Aide exam, the **Department of Health** has a full list of testing sites you can choose from. You can view the list in an Excel spreadsheet or a PDF. If you have questions or need help finding a site, call the Home Care Aide program at 360-236-2700.

Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in *Caregivers in Action!*

Email: Caregiver_Careers@dcshs.wa.gov

