



The ArrayRx Prescription Drug Discount Card

Washington state offers a free prescription drug discount card called ArrayRx. It helps lower the cost of many FDA-approved prescription drugs and some over-the-counter medications. The card is part of the [Washington Prescription Drug Program](#), managed by the Health Care Authority.

Anyone who lives in Washington can sign up. There are no age or income limits. The card is especially helpful for people without prescription coverage, those with high deductibles, or anyone taking medications their insurance doesn't cover.

Enroll online and get a digital or printable card to use at the pharmacy. Your local pharmacy can also help compare prices, with or without the card, to make sure you're getting the best deal. Just need to ask on your next visit!



*“Nothing can dim
the light that shines
from within.”*

– Maya Angelou



If you have a tip to share, email it to [caregiver.careers](#).

Thank you, Amos for the email of tips!

- ☒ Take some quiet time to yourself.
- ☒ Seek assistance early on.
- ☒ Keep your medicine and emergency phone lists up to date.
- ☒ Hydrate yourself.
- ☒ Stick to a simplified schedule.
- ☒ Recognize your successes.
- ☒ Protect your sleep.
- ☒ Make your surroundings safe.
- ☒ Promote self-reliance.
- ☒ Maintain connections.
- ☒ And do not forget to be kind to yourself and others.





CareLearn Washington Training That Fits Your Schedule

As a caregiver, you need training that is convenient, reliable and helps you to continue providing high-quality care. CareLearn Washington offers free, online DSHS-approved training for eligible **non-union**¹ long-term care professionals across Washington.

CareLearn is available 24/7, so you can complete courses when and where it works for you. Creating an account is quick, and you can begin working toward required training and continuing education within minutes.

The updated CareLearn system makes it easier to find courses, track your progress and access certificates and transcripts. Certificates also include a QR code that allows employers, training coordinators, and reviewers to verify completion.

CareLearn offers more than 100 courses totaling over 120 CE credits and includes fully online Mental Health Level 1 Specialty Training. New courses are added regularly, with intellectual and developmental disability-focused vendor courses planned for September.

CareLearn also includes training for eligible WA Cares Fund family caregivers who must complete required basic training to participate in the program.

Whether you are renewing your certification, building new skills, or meeting program requirements, CareLearn puts free, accessible training at your fingertips.

Visit CareLearn Washington to learn more or create an account. For help, email CareLearnSupport@dshs.wa.gov.

“Definitely appreciate this site because you all have so many resources that will be beneficial for our small non-profit assisted living facility.”

– Alicia, Spokane County

CARE LEARN Washington

¹ Individual Providers are covered by SEIU and have their own training pathways. CareLearn is primarily used by Adult Family Home caregivers, caregivers working for Home Care Agencies who are not part of the union and those working for Assisted Living facilities

Have a great strategy or personal experience to share?

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

Email: CaregiverCareers@dshs.wa.gov

