HOPECHAPLAIN

Grief and Community Resource Guide

Support after a death, fire or traumatic event

Washington • Yamhill • Clackamas • Multnomah

You can begin with the help you need today.

“God is our refuge and strength, a very present help in trouble.” — Psalm 46:1, KJV

Leo Keelan
First Responder Chaplain | Hope Chaplain
503-819-9481 | leo@hopechaplain.com
HopeChaplain.com

Immediate danger or a medical emergency: call 911.
Urgent emotional support: call or text 988.

Reviewed October 15, 2026

Start here for today

My plan and important contacts

Ask the chaplain or responding team to help complete what is useful. You may leave any field blank. Record only information you want kept in this guide, and keep it private.

My immediate need or question; one next step:

Where I will be tonight; who can help and their phone:

Care needed for children, dependent adults, or pets:

Person affected; incident date and city/county:

Responding agency and case/incident number:

Officer or coordinator and direct phone:

Medical examiner contact/case number, if involved:

Where the person was taken and contact phone:

Funeral provider chosen and phone, if decided:

Belongings/vehicle location and contact, if needed:

Chaplain or other support contact and phone:

Next agreed contact/appointment: who, when, and who will call:

Contents

Start here for today: plan and contacts....2
Help right now and the first few hours....4
After a suicide death....5
When a child dies....6
After a fire or displacement....7
After a traumatic event....8
After giving CPR or helping in an emergency....9
Understanding your grief....10
Helping children and teens....11
Scripture and words of comfort....12
Managing anxiety: a STOP pause....13
Grief and bereavement support....14
Practical steps after a death....16
- Benefits and paperwork....17

Older adult care and housing after a loss....18
- Help paying for care and housing....19

Choosing a funeral provider....20
- Washington County and nearby communities....20
- Yamhill County....20
- Clackamas County and nearby communities....21
- Portland and East Multnomah County....21

Community resources....22
- Crisis and mental health....22
- Violence and victim assistance....24
- Veteran services....26
- Older adults and disability services....27
- Children and youth....29
- Food and basic needs....30
- Housing and shelter....32
- Death investigation and nonemergency law enforcement....34
- Hospitals and hospice....35

How to use this guide

Begin with the plan inside the front cover. Ask the chaplain to mark useful pages and help identify one next step. Return to the rest when you are ready.

Hope Chaplain offers non-emergency Christian care, prayer and Scripture when welcome. You choose the support you want; replies may not be immediate.

Directory reviewed October 5, 2026, with selected contacts checked October 14–15. Confirm hours, fees, eligibility and openings. Ask for an interpreter or accessible information. In a booklet, contents numbers refer to printed page numbers.

Help right now

Call 911 for immediate danger or a medical emergency. For urgent emotional support, call or text 988. You can also use the crisis line for the county where you are located.

The first few hours

You do not have to take in everything at once. Ask the chaplain or someone you trust to help with one step at a time.

- ☐ Find a safe place, transportation and someone to stay with you if you want company. Follow responders' instructions.
- ☐ Arrange water, food, needed medicines, childcare and pet care. Tell responders if a child or adult has lost their caregiver.
- ☐ Ask what must happen today and what can wait. Use the plan inside the front cover for agency, case, receiving-location and follow-up details.
- ☐ Let a trusted person help notify others. You decide how much to share. Ask for an interpreter, a quieter place or information in writing if needed.

Find help for your situation

After a suicide death (page 5)

When a child dies, including pregnancy or infant loss (page 6)

After a fire or displacement (page 7)

After a traumatic event, even if no one died (page 8)

After giving CPR or helping in an emergency (page 9)

County crisis contacts

Crisis support	Phone
Washington County Crisis Line	503-291-9111
Clackamas County Crisis & Support Line	503-655-8585
Multnomah County Behavioral Health Crisis Line	503-988-4888
Yamhill County Behavioral Health Crisis Line	844-842-8200

After a suicide death

After a suicide death, you may feel shock, anger, guilt, relief, numbness or several feelings together. People in the same family may respond differently. You can receive care without defending your relationship or explaining everything that happened.

Questions and blame

Suicide is complex. A note, disagreement or recent event cannot give a complete account of a person's life or death. Some questions may remain unanswered. Feeling responsible does not establish that you caused the death. Ask for someone who will listen without judging or rushing to explain.

Choose the next practical step

- Ask the responding agency who will provide updates, how belongings will be handled, and when the location can be entered. Ask about professional cleanup if needed. Record the contact inside the cover.
- Choose a trusted person to help with calls and messages. You can say, "They died by suicide. We are not ready to share more." Ask others not to post details or images.
- Ask about suicide-loss peer support and a qualified counselor. A general grief group may not address every concern after suicide. Choose a format that fits you.

Talking with children and teens

Use short, truthful explanations and the words died and suicide. Explain in language suited to the child's understanding; ask a qualified professional to help if needed. Avoid graphic details. Say when you do not know, invite questions again later, and explain who will care for them. Reassure them that thoughts, wishes or ordinary disagreements did not cause the death. Help them decide what they want to tell others.

When distress feels unsafe

If you are thinking about suicide or self-harm, call or text 988 and ask someone you trust to stay with you. Call 911 for immediate danger. Ask a crisis professional to help with a safety plan, including reducing access to firearms, medicines or other dangerous items. You do not have to manage this alone.

For ongoing peer support, see Grief and bereavement support (page 14) for Suicide Bereavement Support NW and AFSP Healing Conversations. These are not emergency services.

When a child dies

The loss of a pregnancy or death of a child at any age, including an infant or adult child, can affect an entire family. Parents, partners, siblings and grandparents may grieve differently. Their responses do not measure their love.

Ask what is possible now

- Ask the healthcare team, medical examiner or responding agency for a named contact. Ask what is known, what remains uncertain, and how you will receive updates.
- If you wish, ask about time with your child, holding or touching them, photographs, prints, keepsakes, or a cultural or religious practice. Ask what to expect and whether choices are time-sensitive. Medical or investigative requirements may limit options. You may accept or decline without pressure.
- Ask a hospital social worker or chaplain for help with arrangements, costs and family support. You can ask for a support person during conversations and for information in writing.

After pregnancy or infant loss

Physical care is still important after a baby dies. Contact your maternity or healthcare team about recovery, follow-up, pain or bleeding, and milk production or breast discomfort if relevant. Ask about options. Partners and non-birthing parents also deserve support.

Support surviving siblings

Give a simple, honest explanation and repeat it as questions return. Make time for each child's questions, play, friendships and routines. Explain who will care for them. They do not need to replace their sibling or take care of the adults. Offer choices about a goodbye or memorial, with preparation and a trusted adult nearby.

See Helping children and teens (page 11) for practical support and signs that more help is needed.

Let others help over time

Ask for meals, transport, childcare or help with messages. You can choose when to handle belongings and how to remember your child. Birthdays, anniversaries and ordinary moments may bring fresh waves of grief. Support can continue after the funeral.

See Grief and bereavement support (page 14) for Brief Encounters, The Compassionate Friends and Dougy Center. Confirm eligibility and available funding before relying on financial assistance.

After a fire or displacement

A fire can affect your sense of safety as well as your home and belongings. You can ask for help whether or not someone died. Start with a safe place to stay tonight.

Stay safe

- Stay out of a damaged home until fire officials say you may enter. Follow any limits they give you. Do not turn disconnected gas, electricity or water back on yourself.
- Tell responders about injuries, smoke exposure or missing people and pets. Get medical or veterinary help when needed. Keep children and pets away from damaged areas.

Plan for tonight

- Ask your responding team or chaplain to help contact the American Red Cross: 800-733-2767, available 24 hours. Explain that you have been affected by a home fire. Ask what disaster assistance is available.
- Say if you need accessible lodging, transportation, food, clothing, a way to charge medical equipment, or care for a child or dependent adult. Explain service-animal or pet needs.
- For lost or damaged medicines, prescriptions or medical equipment, contact your pharmacy or healthcare team. Do not enter an unsafe building to retrieve them.

Take the next recovery step

- Notify your landlord, if you rent, and your insurer, if you have coverage. Ask about temporary housing, urgent expenses, property security and cleanup before agreeing to costly work. Coverage and assistance vary.
- Keep receipts and a record of calls. Only when officials say it is safe, photograph damage or make an inventory. You can begin a list from memory. Ask your insurer before disposing of damaged property.

For insurance questions or claim concerns, Oregon Division of Financial Regulation consumer advocates can help: 888-877-4894 or dfr.oregon.gov. This is not an emergency housing service.

Use the plan inside the cover for contacts. For other local help, see Housing and shelter (page 32) and Food and basic needs. You do not have to manage every task today.

After a traumatic event

A frightening event can affect people who were injured, witnessed it, helped, or learned that someone close to them was harmed. You can need support even if no one died.

What you may notice

You may feel shaky, numb, angry, sad or on edge. Sleep, concentration and appetite may change. Unwanted memories or reminders can be upsetting. Reactions vary and may change over time. These experiences do not by themselves mean you have post-traumatic stress disorder (PTSD).

What may help now

- Start with safety, needed medical care and a place to rest. Ask one trusted person to help with practical needs.
- Choose what to share and with whom. You do not have to describe the event in detail to receive support. Listen to children without making them talk before they are ready.
- Keep meals, rest and familiar routines as manageable as possible. Try the optional STOP pause if it helps.
- Take breaks from repeated news, images and social media about the event. Avoid using alcohol or other drugs to numb what you feel.
- Stay connected with people you trust. Agree on a simple check-in rather than trying to handle everything alone.

When to ask for more help

You can ask at any time. Contact a healthcare professional or licensed mental health clinician if reactions are hard to manage, worsen, or interfere with sleep, daily care, relationships, school or work. Ask about experience treating trauma; effective treatments are available when needed. For children, start with a pediatrician or a clinician who works with their age group.

A chaplain or trained peer can offer companionship, practical help and spiritual support when welcome, and help connect you with clinical care. Recovery does not follow a deadline. You may seek help before things become a crisis.

Call 911 for immediate danger or a medical emergency. For urgent emotional support, call or text 988.

If a crime was involved, ask a county victim advocate about support and Oregon Crime Victims' Compensation. See Violence and victim assistance (page 24) for contacts. Eligibility and covered costs vary; this is not immediate cash assistance.

After giving CPR or helping in an emergency

Giving cardiopulmonary resuscitation (CPR) to someone you love can be deeply upsetting. You may be grieving their death while also carrying memories of trying to help. People who called 911, used an automated external defibrillator (AED), offered comfort or witnessed care may also need support, even if the person survived.

Questions about what happened

You may replay your actions or wonder, “Did I do enough?” CPR is an attempt to help in a life-threatening emergency; it does not always save a life. The outcome depends on many factors beyond the person giving CPR. A death after CPR does not, by itself, mean you did something wrong.

If you have questions, ask the responding agency or healthcare team whether someone can explain the care. Some questions may remain unanswered.

Reactions you may notice

Unwanted memories of sights or sounds from the event, guilt, sadness, anger, shaking, sleep changes or difficulty concentrating can occur. Some people feel relatively steady. Reactions vary and may change over time. You deserve support for what you experienced.

Care for yourself, too

- Ask someone you trust to check in and help with daily needs. You choose whether to talk and how much to share; you do not have to retell the event in detail to receive support.
- Ask a healthcare professional or licensed mental health clinician for help whenever reactions concern you, especially if they worsen or disrupt sleep, relationships or daily care. A chaplain can listen and help connect you with care.

For urgent support and county crisis contacts, see Help right now (page 4).

Understanding your grief

Grief is a response to losing someone or something important to you. A sudden death can bring shock and unanswered questions. Relationships may have been close, distant, or difficult. People in the same family may respond differently, and feelings can change from hour to hour.

What you may notice

Sadness, anger, numbness, guilt, relief, fear, or several feelings at once may come and go. Concentration, memory, sleep, appetite, energy, and daily routines may change. There is no required sequence of stages and no timetable for feeling better.

Moments of laughter, rest, or enjoyment can happen alongside grief. They do not mean you have stopped caring about the person who died.

What may help today

- Keep the next step small. One meal, a shower, a short walk, or one phone call may be enough for now.
- Ask for specific help with meals, rides, paperwork, childcare, or being together.
- Stay connected with people who can listen without pressing you to explain everything.
- Use familiar routines when they help. Allow room for rest and changes in your energy.
- Ask which decisions are urgent and which can wait. Avoid major decisions under pressure.
- Choose how you want to remember the person. Conversation, silence, photographs, prayer, or a simple ritual may feel right at different times.

When guilt or regret keeps returning

People may replay conversations or ask what they could have done differently. Feeling guilty does not by itself establish responsibility. A trusted chaplain or qualified counselor can listen without rushing to judge or explain.

Pay attention to physical symptoms

Do not assume a new symptom is caused by grief. Call 911 for new, unexplained chest pain or pressure, severe trouble breathing, or other possible heart attack symptoms, even if you are unsure. Contact a healthcare professional about other symptoms that concern you.

Helping children and teens

Children need clear information and adults who keep listening. These age ranges are approximate; development, relationships, culture and circumstances matter. A child may respond differently from these examples. Play, laughter or little outward response does not mean a child is unaffected.

Age	Possible responses	Helpful adult support
Infants and toddlers 0–2	May sense absence, changed routines or caregiver distress without understanding death. Crying, clinginess, and feeding or sleep changes may occur.	Offer familiar caregivers, gentle comfort and predictable routines. Follow their cues. Arrange consistent care when a caregiver has died.
Preschool 3–5	May expect the person to return, repeat questions, or think their words or wishes caused the death. Previously learned skills may become harder.	Use short, truthful explanations with died and dead. Answer again patiently. Reassure them that thoughts and ordinary behavior did not cause the death. Keep routines and time for play.
School-age 6–12	Understanding that death is permanent varies. Questions about details, safety worries, difficulty concentrating, withdrawal, and shifts between play and sadness may occur.	Check understanding and answer the question asked. Explain who will care for them. Offer play, art, remembrance choices and flexible school support. Revisit explanations as questions change.
Teens 13–18	May understand lasting consequences and question beliefs or future plans. Irritability, withdrawal, sleep or concentration changes, and wanting privacy or peers may occur.	Listen without pressure to talk. Offer trusted adults and peer support, choices, and flexible routines with clear safety limits. Avoid expecting them to take over an adult's role.

Use simple, honest words and offer choices

Explain that the person died: their body stopped working and cannot start again. Avoid went to sleep or went away. Say when you do not know. Offer informed choices about viewing, funerals and remembrance; explain what to expect and who can accompany them. Avoid forcing participation.

With the child's involvement, tell school or childcare staff what support is needed. Agree on a trusted adult and a way to take a quiet break.

Ask for support when you are concerned

Ask a pediatrician or qualified mental health professional for help when distress or safety concerns you, including nightmares or frightening memories that disrupt sleep, school or play. There is no required waiting period. Seek urgent help for possible self-harm: call or text 988; call 911 for immediate danger.

For peer groups and family resources, see Grief and bereavement support (page 14) and Dougy Center. Peer groups and clinical care have different roles.

Scripture and words of comfort

Christian Scripture makes room for tears, questions, lament and hope. If it helps, read one passage slowly or ask someone to read with you. You may prefer quiet company or practical help. Your beliefs and choices will be respected.

In sorrow

"Jesus wept." — John 11:35, KJV

When you need rest

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." — Matthew 11:28, KJV

When you feel overwhelmed

"Casting all your care upon him; for he careth for you." — 1 Peter 5:7, KJV

When you need help from others

"Bear ye one another's burdens, and so fulfil the law of Christ." — Galatians 6:2, KJV

An optional prayer

God of mercy, meet us in this pain. Give us strength for the next step, people who can share the burden, and wisdom for decisions ahead. Hold our questions and sorrow with compassion. Help us receive the care we need. In Jesus' name, amen.

You do not have to make sense of this loss today. Prayer and professional care can support one another. Feeling anxious or needing help is not a measure of your faith.

What research and clinical guidance suggest

Connection, practical help and manageable routines can support coping. Research on spiritual and religious coping is mixed: beliefs may offer comfort or bring difficult questions. No spiritual practice guarantees relief, and there is no belief you must hold to receive care.

Scripture quotations are from the King James Version (KJV).

Managing anxiety: a STOP pause

After a loss or frightening event, you may feel tense, restless, distracted or overwhelmed. Start with safety and one manageable next step. Try any part of this pause that feels helpful. You can skip an exercise or ask someone to stay with you.

STOP	A simple pause	What you can try
S	**Sit somewhere safe**	Rest your feet on the floor if comfortable. Notice the support of the chair or ground.
T	**Take a gentle breath**	Breathe in and out at a comfortable pace, without forcing it. You do not need to count or hold your breath. Stop if it feels uncomfortable.
O	**Organize trusted support**	Ask one person you trust to sit with you or help with a call.
P	**Plan one next step**	Decide together what needs attention now and what can wait.

Care for daily needs

Eat small, simple meals and rest when you can. Accept help with household tasks. A short walk or gentle movement may help if safe and comfortable. Ask for support if you are relying on alcohol or other substances to get through the day.

You can ask for help at any time

Reach out to a healthcare professional or qualified mental health counselor when grief or anxiety is hard to manage, daily care is difficult, or sleep or eating is disrupted. You do not need to wait weeks or months. Chaplains can offer companionship, spiritual support when welcome, and practical help alongside professional care.

If you are thinking about suicide or self-harm, call or text 988 now. Call 911 for immediate danger or a medical emergency. Ask someone you trust to stay with you while you get help.

When you are supporting someone else

Listen without trying to fix the loss. Follow the person’s lead about talking, silence, faith and privacy. Offer something specific, such as bringing dinner or making a call together. Check in again after the first days.

Grief and bereavement support

Groups can offer connection with people who understand a similar loss. Some are peer groups, some are led by professionals, and some have a faith focus. Ask about purpose, cost, registration, age range, and whether the group fits your situation. Clinical care is available separately through qualified healthcare professionals.

Grief support	Help and location	Contact
Dougy Center dougy.org	Free peer grief support for children, teens, young adults and families. Call about group fit, openings and virtual options. Portland region, including Beaverton and Canby; some virtual options	503-775-5683
The Compassionate Friends compassionatefriends.org	Peer support for parents, grandparents and siblings after a child dies at any age, including an adult child. Ask which local or online group fits. National / local and online groups	877-969-0010
Brief Encounters briefencounters.org	Peer support after pregnancy or infant loss, including partners. Call or text and leave a message. Portland / online	503-334-2564
Suicide Bereavement Support NW sbsnw.org	Free peer groups after a suicide death; in-person and online options. Check current meetings. Regional / online	503-200-0382
The TEARS Foundation thetearsfoundation.org	Grief support and possible funeral or memorial assistance after a child dies. Program criteria and funding vary; confirm Oregon eligibility before relying on financial help. Program-dependent / confirm Oregon eligibility	253-200-0944 / online application
The Portland Grief House griefhouse.org	Community gatherings and designated open-house times. Sliding-scale events; check the calendar. Portland / virtual gatherings	griefhouse.org/gatherings

Grief support	Help and location	Contact
Providence Hospice Bereavement Services providence.org	Free community grief groups, classes and limited short-term support. Call about current adult and family options, registration and location. Portland region / community grief support	503-215-4622
GriefShare griefshare.org	Christian grief support groups welcome people of all beliefs. Use the group locator; schedules, registration and workbook fees vary. Local churches / online	griefshare.org
Care Partners Grief Support carepartnersor.org	Free grief groups and workshops open to the community. Pre-registration is required; call for current details. Washington County / Portland region	503-648-9565 (community grief groups)
American Foundation for Suicide Prevention — Healing Conversations afsp.org	Trained volunteer support after suicide loss. Request through the website; availability varies. This is not emergency or clinical care. National / request a conversation	afsp.org/loss

A chaplain or healthcare professional can help you choose support that fits. Trusted neighbors, cultural communities and faith communities may also offer companionship and practical help.

Practical steps after a death

The first hours can involve decisions you have never had to make before. Ask the person coordinating the response to explain who is responsible for each step. Write down names, phone numbers, and any case number.

What may happen first

Oregon requires medical examiner investigation of certain deaths, including deaths involving injury, violence, or unknown causes. This involvement by itself does not mean a crime occurred. Ask the responding agency who is handling the case, how transport will be authorized, and how you will receive updates. Release timing varies.

If you want time to see or say goodbye to the person who died, ask what is possible. Safety and investigative requirements may affect the options. A chaplain or other support person can help you ask questions and understand the answers.

In the first days

- ☐ Check for existing funeral arrangements or written wishes. Ask who has legal authority to make arrangements if there is uncertainty.
- ☐ Choose a licensed funeral provider and ask for an itemized explanation of options and costs before agreeing to services.
- ☐ Ask your funeral provider about certified death certificates and which notifications it will make. Oregon short-form certificates omit the cause of death; long forms include it. Ask recipients which type and how many copies they need before ordering.
- ☐ Gather available identity, family, insurance, employment, and military records. Missing documents can often be requested; ask the agency what it needs.
- ☐ Ask one trusted person to help keep a record of calls, expenses, documents, and tasks.
- ☐ Arrange help with meals, childcare, pet care, transportation, and household responsibilities.

Choosing arrangements

Burial, cremation, and other lawful options may be available. Ask about the person's wishes, cultural or religious practices, viewing, timing, transport, and total costs. You may choose a memorial gathering later. Whole-body donation requires the program's acceptance at the time of death; have an alternative plan.

Embalming is not automatically required. Ask about refrigerated care and whether a specific legal or practical requirement applies to the viewing or transport you want.

Under the Federal Trade Commission's Funeral Rule, funeral providers must give prices by telephone and an itemized General Price List when you discuss arrangements in person. You can generally select individual goods and services; a basic services fee and legally required items may apply. Ask for a written statement of your selections and the total price.

Benefits and paperwork

Some tasks need prompt attention, while others can be handled over time. Ask about deadlines, eligibility, and documentation before sending original records. A trusted person can help keep a record of each call.

- ☐ Contact Social Security at 800-772-1213. Confirm the death was reported and ask whether survivor benefits or the lump-sum death payment may apply. Reporting a death and applying for benefits are separate steps. Some existing benefits convert automatically; ask what is needed in your situation.
- ☐ If the person was a veteran, contact the county Veteran Service Office or the VA at 800-827-1000. Ask about burial benefits, military honors, and survivor benefits. Gather available military and family records, and ask what is required. VA can help obtain missing discharge records. Ask for help even if you do not have all the paperwork.
- ☐ Contact life insurance, pension, retirement, employer, and union benefit administrators. Keep a record of claim requirements and deadlines.
- ☐ Notify banks and other account providers. Ask about ownership, access, and required estate documents before moving money or closing accounts.
- ☐ Ask health insurers, utilities, landlords, and subscription providers how to handle the account. Consider the needs of surviving household members before canceling shared services.
- ☐ For real estate, vehicle ownership, debts, taxes, or estate administration, seek qualified advice. Procedures depend on ownership, survivorship, the estate, and any court process.
- ☐ Review your own beneficiary designations and household arrangements when you are ready. Ask for help if the decisions are difficult.

If funeral costs are unaffordable

If costs are unaffordable, tell the funeral provider before signing an agreement. Ask about lower-cost options and whether Oregon's Indigent Disposition Program may apply. This program reimburses eligible funeral establishments for qualifying dispositions; it is not a general funeral grant or cash payment to families. Eligibility and arrangements require provider review.

Getting legal help

An estate lawyer can help explain a will, probate, authority to act, debts, and property transfers. The Oregon State Bar Lawyer Referral Service is available at 503-684-3763 or 800-452-7636. Oregon Law Help provides legal information and routes to civil legal assistance at oregonlawhelp.org.

Ask the relevant agency what applies to your situation.

Older adult care and housing after a loss

Losing a spouse or other caregiver may also mean losing the person who helped with meals, medicines, bathing, transportation, or household income. Begin with the surviving person's needs and wishes. Ask what help they need today and what arrangements are needed for tonight.

Start with aging and disability services

Call Oregon's Aging and Disability Resource Connection (ADRC) at 855-673-2372, or use the county contact below. Ask for options counseling to compare care and living arrangements. ADRC can help people at different income levels find local support and the right office for an assessment.

County and first contact	Phone
Washington County Disability, Aging & Veteran Services	503-846-3060
Clackamas County ADRC	503-650-5622
Multnomah County ADRC	503-988-3646
Yamhill County — NorthWest Senior & Disability Services	503-472-9441 (McMinnville) 866-206-4799 (ADRC)

What to say when you call

"My spouse or caregiver died, and I have lost the help I depended on at home. I need help with [meals, bathing, medicines, getting around, or housing costs]. Can you help me compare care options and connect me with a care-needs and financial assessment?"

Compare support at home and care settings

Ask about in-home personal care, meals, transportation, and adult day services. If more support is needed, compare adult foster homes, assisted living, residential care, memory care, or nursing facilities. The right choice depends on the person's needs, preferences, and available services. Ask how each provider handles the help needed during the day and at night.

If essential help is missing now

Contact the person's healthcare team and aging services promptly. Explain what care is missing and when it is needed. If the person is in a hospital, tell the discharge planner that the caregiver has died. Arrange interim support while applications proceed. Call 911 for a medical emergency or immediate danger.

Help paying for care and housing

A loss of income and a need for daily care can require different applications. Ask aging services and housing services to help with both parts of the plan. Include the older adult in decisions and involve a trusted person with their permission.

Ask about public help with daily care

Ask ADRC for a connection to Aging and People with Disabilities (APD) or the local Area Agency on Aging. Medicaid long-term care requires a review of financial eligibility and care needs. Low income or the death of a caregiver alone does not establish eligibility.

Ask about Oregon Project Independence (OPI) and Oregon Project Independence–Medicaid (OPI-M) for support at home. These are separate programs with different rules. OPI may require a contribution toward costs; OPI-M has no service cost for eligible participants. Program openings and available services vary. Ask what you can apply for now and how to arrange help while waiting.

Understand what Medicare covers

Medicare may cover qualifying medical home health ordered by a healthcare provider, such as skilled nursing or therapy. It does not pay for ongoing personal care when that is the only help needed, or for round-the-clock care at home. Ask the healthcare team and insurer what is covered and what additional help must be arranged.

If housing costs are the main concern

Contact the county housing authority about affordable senior apartments, rental assistance, and current application or waiting-list options. These programs do not themselves provide daily personal care. A housing application does not guarantee an opening.

See Housing and shelter (page 32) for county housing authorities and housing crisis contacts.

If the person already receives housing assistance, contact their housing worker or property manager about reporting the death and changes in household income. Avoid selling a home or transferring assets under pressure; ask for qualified advice about care funding and property decisions.

Review survivor benefits, pensions, and insurance using Benefits and paperwork (page 17).

Before choosing a care provider

Ask whether the provider can meet the person’s specific needs, has an opening, and accepts the proposed payment method. Request all charges in writing, including room and board and any personal payment responsibility. Check licensing and inspection history through Oregon’s Long-Term Care Facility Search at ltclicensing.oregon.gov. Ask ADRC to help review the options.

Choosing a funeral provider

The following providers are starting points for comparison. Inclusion does not imply endorsement by Hope Chaplain. A provider may serve communities beyond its location. Ask about transport, cultural or religious needs, accessibility, timing, and total costs.

Locations below identify cities or communities rather than assuming a county from a Portland mailing address. Other providers and lawful arrangements may also be available.

Washington County and nearby communities

Funeral providers	City or location	Phone
Attrell's Funeral Chapel — Sherwood	Sherwood	503-625-6515
National Cremation Service — Tigard	Tigard	503-563-8727
Crown Cremation Services — Tualatin	Tualatin	503-342-7339
Fir Lawn Memorial Park & Funeral Home	Hillsboro	503-640-2277
Duyck & VanDeHey Funeral Home	Forest Grove	503-357-8749
Fuiten, Rose & Hoyt Funeral Home & Crematory	Forest Grove	503-357-2161
Pegg, Paxson & Springer Funeral Chapel	Beaverton	503-644-1176
Springer and Son Aloha Funeral Home and Crematory	Aloha	503-356-1000
Tualatin Valley Funeral Alternatives — Hillsboro	Hillsboro	503-693-7965
Young's Funeral Home	Tigard	503-639-1206
Finley-Sunset Hills Mortuary & Sunset Hills Memorial Park	Portland / SW Sunset Hwy	503-292-6654

Yamhill County

Funeral providers	City or location	Phone
Macy & Son Funeral Home and Cremation Services	McMinnville	503-472-6151
Attrell's Funeral Chapel — Newberg	Newberg	503-538-2191

Clackamas County and nearby communities

Funeral providers	City or location	Phone
Canby Funeral Chapel	Canby	503-388-4224
Stehn Family Funeral Homes	Milwaukie	503-654-7717
Cornerstone Funeral Services & Cremation	Boring	503-637-5020
Wilsonville Funeral Home & Cremation Services	Wilsonville	503-682-1177
Estacada Funeral Chapel	Estacada	503-630-3829
Gethsemani Catholic Cemetery and Funeral Home	Happy Valley	503-659-1350
Holman Hankins Bowker & Waud	Oregon City	503-656-2661
Lincoln Memorial Park & Funeral Home	Portland / Mt. Scott	503-771-1117
Molalla Funeral Chapel	Molalla	503-388-4277
Sandy Funeral Home	Sandy	503-668-6015
Sunnyside Funeral & Cremation	Happy Valley	503-505-9978

Portland and East Multnomah County

Funeral providers	City or location	Phone
Hustad Funeral Home	Portland / St. Johns	503-286-9663
Holman's Funeral & Cremation Service	Portland / SE	503-232-5131
Rose City Cemetery and Funeral Home	Portland / NE	503-281-3821
Ross Hollywood Chapel	Portland / NE	503-281-1800
River View Cemetery Funeral Home	Portland / South	503-246-6488
Skyline Memorial Gardens and Funeral Home	Portland / NW	503-292-6611
Wilhelm's Portland Memorial Funeral Home	Portland / SE	503-894-7611
Zeller Chapel of the Roses	Portland / NE	503-287-1155
Gresham Memorial Chapel	Gresham	503-618-8176
Bateman Carroll Funeral Home	Gresham	503-665-2128
Forest Lawn Cemetery & Funeral Home (Family Memorial Mortuary)	Gresham	503-736-0102
Terry Family Funeral Home	Portland / North	503-249-1788

Community resources

Use the provider's current website and phone or email to confirm service area, eligibility, hours, fees, and appointment or referral requirements. The linked resource names open the official pages used for this review. Printed website domains help you find the same provider.

For food, housing, and other referrals, dial 211 or 866-698-6155, Monday–Friday, 8 a.m.–6 p.m. Text your ZIP code to 898211, Monday–Friday, 9 a.m.–5 p.m., or visit 211info.org at any time. Interpreter services are available by phone; emergency incident hours may vary.

Crisis and mental health

Crisis and mental health	Help and location	Contact
Washington County Crisis Line washingtoncountyor.gov	Free, confidential behavioral health crisis support 24 hours a day; interpretation available. Washington County	503-291-9111
Clackamas County Crisis & Support Line clackamas.us	Free, confidential crisis support, safety screening and referrals 24/7. Clackamas County	503-655-8585
Multnomah County Behavioral Health Crisis Line multco.us	Free, confidential crisis counseling and referrals 24/7; interpretation available. Multnomah County	503-988-4888
Yamhill County Behavioral Health Crisis Line yamhillcounty.gov	24-hour behavioral health crisis support for adults and youth; assessment and referrals. Yamhill County	844-842-8200
988 Suicide & Crisis Lifeline 988lifeline.org	Crisis counseling and referrals for suicidal crisis or emotional distress. Phone and text options. Nationwide	Call or text 988
Cascadia Health Urgent Walk-In Clinic multco.us	In-person mental health crisis support at 4212 SE Division St.; Mon–Fri 7 a.m.–10:30 p.m. Call for guidance before visiting. Portland	503-988-4888 (county crisis line)

Crisis and mental health	Help and location	Contact
Trauma Intervention Program NW (TIP NW) tipnw.org	Trained volunteers provide immediate emotional and practical support after traumatic events when requested by emergency personnel. Public line offers information and referrals. Multnomah and Clackamas counties; additional NW communities	503-940-7997 (24-hour contact; follow message/callback prompts)
NAMI HelpLine nami.org	Information, resources and emotional support; Mon–Fri 7 a.m.–7 p.m. Pacific, excluding federal holidays. Nationwide	800-950-6264; text NAMI to 62640
David Romprey Oregon Warmline communitycounselingsolutions.org	Confidential, nonjudgmental peer support for everyday concerns and emotional distress, 24/7. Oregon statewide	800-698-2392
Crisis Text Line crisistextline.org	Free, confidential text support from trained volunteer crisis counselors, 24/7. United States	Text HOME to 741741
Poison Help / Oregon Poison Center ohsu.edu	Free, confidential advice about poisoning or exposure, 24/7; all ages. Nationwide phone access; Oregon Poison Center serves Oregon	800-222-1222
Safe Call Now safecallnow.us	Peer advocates offer confidential support and referrals for first responders and family members; available 24 hours a day. First responders and their families / nationwide	206-459-3020

Violence and victim assistance

Violence and victim assistance	Help and location	Contact
National Domestic Violence Hotline thehotline.org	Free, confidential support, safety planning and resources for relationship abuse, 24/7. Nationwide	800-799-7233; text START to 88788
Call to Safety calltosafety.org	Free, confidential domestic and sexual violence crisis support and safety planning, 24/7; all genders. Oregon and Washington	503-235-5333 or 888-235-5333
Línea UNICA — El Programa Hispano elprograma.org	Free, confidential, culturally specific support for survivors of domestic and sexual violence; Spanish-language crisis line 24/7. Portland metro region	503-232-4448
Domestic Violence Resource Center (DVRC) dvrc-or.org	24-hour crisis support, safety planning, advocacy and shelter access for survivors and their children. Washington County	503-469-8620
Clackamas Women's Services cwsor.org	Domestic and sexual violence support, advocacy and shelter/housing access; crisis line 24/7. Clackamas County	503-654-2288
Henderson House hendersonhouse.org	Domestic and sexual violence advocacy, safety planning and shelter access; crisis line 24/7, English and Spanish support. Yamhill County	503-472-1503
Raphael House of Portland raphaelhouse.com	Domestic violence crisis support, safety planning and shelter access; free confidential hotline 24/7, all genders. Portland; hotline available to wider community	503-222-6222

Violence and victim assistance	Help and location	Contact
Gateway Center for Domestic & Sexual Violence Services multco.us	Advocacy, safety planning and help with protection orders. Mon–Fri 9 a.m.–4 p.m.; call ahead for appointments or capacity. Multnomah County / Portland	503-988-6400
Volunteers of America Oregon — Home Free voaor.org	Free confidential domestic and sexual violence advocacy, safety planning, housing help and crisis support. Portland / Multnomah County	503-771-5503
YWCA of Greater Portland — Survivor Services ywcapdx.org	Housing, case management, counseling and resident support for survivors; email to ask about services and eligibility. Portland region	getservices@ywcapdx.org; 503-294-7400 (administration)
Oregon Crime Victims' Compensation doj.state.or.us	Application help and possible coverage of approved crime-related expenses. Ask a county victim advocate about eligibility and deadlines. Not immediate cash assistance. Oregon	503-378-5348

Veteran services

Veteran services	Help and location	Contact
Veterans Crisis Line veteranscrisisline.net	Confidential crisis support, 24/7, for veterans, service members and people concerned about them. VA enrollment is not required. Nationwide	Call 988, then press 1; text 838255
U.S. Department of Veterans Affairs va.gov	Benefits, survivor and burial assistance; eligibility varies. Cemetery scheduling uses the second number. Nationwide	800-827-1000 (benefits); 800-535-1117 (national cemetery scheduling)
Washington County Veteran Services washingtoncountyor.gov	Free benefits and claims help, including survivor and burial applications. Washington County	503-846-3060
Clackamas County Veterans Service Office clackamas.us	VA and state benefits application help. Appointment required. Clackamas County	503-650-5631
Multnomah County Veterans' Services multco.us	Benefits, claims and advocacy for veterans and families. Call for an appointment. Multnomah County residents	503-988-8387
Yamhill County Veterans Services oregon.gov	Veteran and survivor benefits applications. Call about an appointment and records to bring. Yamhill County	503-434-7503
Lines for Life Military Helpline linesforlife.org	Free, confidential support, 24/7, for service members, veterans, families and friends. Oregon military community	888-457-4838
Oregon Department of Veterans Affairs oregon.gov	State benefits information and referrals to accredited county service officers. Statewide	800-692-9666

Older adults and disability services

Older adult and disability services	Help and location	Contact
Washington County Disability, Aging & Veteran Services washingtoncountyor.gov	Options counseling, in-home support and care-planning referrals. Ask about care needs, financial assessment and help while applications are pending. Washington County	503-846-3060
Clackamas County Aging & Disability Resource Connection clackamas.us	Free options counseling and referrals for in-home care, long-term care and benefits. Ask about care assessment and current programs. ADRC hours Monday–Thursday, 8:30 a.m.–5:30 p.m. Clackamas County	503-650-5622
Multnomah County Aging & Disability Resource Connection multco.us	24-hour information and assistance. Ask about options counseling, care assessment, in-home support and long-term-care applications. Multnomah County	503-988-3646
NorthWest Senior & Disability Services — Yamhill County nwsds.org	Options counseling, care assessment and in-home or long-term-care applications. McMinnville office: 300 SW Hill Road. Yamhill County	503-472-9441 (McMinnville); 866-206-4799 (ADRC)
Senior Loneliness Line seniorlonelinessline.org	Free, confidential conversation, grief support and connection; daily 5:30 a.m.–11:30 p.m. Pacific. Oregon, age 60+	800-282-7035
Alzheimer's Association 24/7 Helpline alz.org	Free, confidential information, emotional support and local resources for people living with dementia and caregivers; 24/7. Nationwide	800-272-3900

Older adult and disability services	Help and location	Contact
Friendly House fhpdx.org	Community programs and information, referral and assistance for older adults. Ask about housing-related resources. Portland / older-adult navigation	503-224-2640 (referrals); 503-228-4391 (main)
Oregon Aging and Disability Resource Connection oregon.gov	Options counseling and local referrals for care at home, care settings and payment programs. Ask which local office handles assessment. Statewide / local referral	855-673-2372
Oregon Long-Term Care Facility Search ltclicensing.oregon.gov	Licensed care-home and facility profiles, inspection findings and regulatory actions. Confirm care capability, costs and openings with the provider. Statewide / online	ltclicensing.oregon.gov

Children and youth

Children and youth	Help and location	Contact
Oregon Child Abuse Hotline oregon.gov	Report suspected child abuse or neglect, 24/7. Call 911 for immediate danger. Oregon statewide	855-503-7233
Dougy Center dougy.org	Free peer grief support for children, teens, young adults and families. Call about group fit, openings and virtual options. Portland region, including Beaverton and Canby; some virtual options	503-775-5683
YouthLine theyouthline.org	Youth support; trained peers daily 4–10 p.m. Pacific, adults answer calls at other times. Nationwide, ages 10–24	877-968-8491; text teen2teen to 839863
New Avenues for Youth newavenues.org	Basic needs, housing, education, employment and other support for youth ages 9–24 experiencing homelessness or housing instability. Portland / Multnomah County	503-224-4339 (general information)
CARES Northwest caresnw.org	Child abuse evaluation and family support; ask intake about referrals. Portland and Hillsboro locations; Mon–Fri 8 a.m.–5 p.m. Multnomah and Washington counties	503-276-9000

Food and basic needs

Food and basic needs	Help and location	Contact
211info 211info.org	Food, housing and community-service referrals. Phone Monday–Friday 8 a.m. –6 p.m.; text Monday–Friday 9 a.m.–5 p.m. Website available anytime; emergency incident hours may vary. Oregon / local referrals	Call 211 or 866-698-6155; text ZIP code to 898211
Meals on Wheels People mowp.org	Meals and friendly visits for eligible older adults age 60+. Ask about enrollment and meal contributions. Washington and Multnomah	503-736-6325
Yamhill Community Action Partnership (YCAP) yamhillcap.org	Housing and utility assistance navigation and a county food-pantry directory. Funding and eligibility vary; food boxes are distributed by partner pantries. Yamhill	503-472-0457; 503-687-1472 (food assistance)
Newberg FISH Emergency Service newbergfish.org	Emergency food boxes for eligible residents experiencing financial hardship. Call during service hours for current arrangements. Newberg–Dundee School District	503-538-4444
The Salvation Army — McMinnville mcminnville.salvationarmy.org	Food pantry and family services; ask about current assistance programs and eligibility. Yamhill / McMinnville	503-472-1009 ext. 13
The Salvation Army — Portland Red Shield Corps salvationarmyusa.org	Food and utility assistance programs; contact the center for eligibility and current availability. Portland / North	971-340-4010

Food and basic needs	Help and location	Contact
St. Vincent de Paul — Portland Council svdppdx.org	Food referrals and information about rent or utility assistance. Service area, application steps and funding vary. Multnomah, Clackamas and parts of Washington	503-235-8431
SnowCap Community Charities snowcap.org	Food pantry, clothing and basic supplies. Clothing appointments required; check current program details. East Multnomah / Gresham	503-674-8785
Clackamas Service Center cscoregon.org	Free food, clothing, hygiene and other basic-needs services. Email or check the current service calendar before visiting. SE Portland / regional	info@cscoregon.org
Community Warehouse communitywarehouse.org	Furniture and household goods by agency referral or self-referral appointment. Fees apply; ask about options. Portland, Tigard and Gresham	503-235-8786 ext. 1008
Street Roots streetroots.org	Income opportunities through newspaper sales, community support and a local resource guide. Portland	503-228-5657
Community Action — Utility Assistance caowash.org	Utility and energy assistance for eligible households. Ask about current intake, funding and urgent disconnection concerns. Washington County	503-615-0771
American Red Cross — Cascades Region redcross.org	24-hour disaster-assistance contact after a home fire or other disaster. Staff assess urgent needs and available help. Oregon and SW Washington	800-733-2767

Housing and shelter

Housing and shelter	Help and location	Contact
211info 211info.org	Food, housing and community-service referrals. Phone Monday–Friday 8 a.m. –6 p.m.; text Monday–Friday 9 a.m.–5 p.m. Website available anytime; emergency incident hours may vary. Oregon / local referrals	Call 211 or 866-698-6155; text ZIP code to 898211
Just Compassion — Tigard Shelter & Resource Center justcompassionewc.com	Day services include meals, showers and service connections. Overnight shelter uses a waitlist. Washington / Tigard	503-624-4666
Encompass Yamhill Valley encompassyv.org	Housing navigation, peer support, food and basic supplies; contact for current help. Yamhill	hello@encompassyv.org
Transition Projects — Resource Center tprojects.org	Services for adults experiencing homelessness, including hygiene, mail, clothing and shelter referrals. Multnomah / Portland	503-280-4700
Neighborhood House nhpdx.org	Food and housing assistance navigation, family programs and services for older adults. Ask about program eligibility. Multnomah / SW Portland	503-246-1663
Community Action — Renter Support caowash.org	Rent-assistance information and tenant resources. Ask about current intake dates, eligibility and referral requirements; funding and appointments are limited. Washington County	503-615-0770
Community Connect caowash.org	Assessment and referrals for people experiencing or at risk of homelessness. Housing and shelter are not guaranteed. Washington County	503-640-3263

Housing and shelter	Help and location	Contact
Housing Authority of Washington County washingtoncountyor.gov	Affordable housing and voucher information. Ask which property or program waitlists accept applications; housing assistance is separate from personal care. Washington County	503-846-4794
Housing Authority of Clackamas County clackamas.us	Subsidized housing and voucher information. Check current applications and waitlists; contact CHA as well for a housing crisis. Clackamas County	503-655-8267
Clackamas County Coordinated Housing Access (CHA) clackamas.us	Housing crisis screening and referrals, including available rental assistance. Help depends on eligibility, funding and openings. Clackamas County	503-655-8575
Home Forward homeforward.org	Affordable housing and rental-assistance program information. Ask about eligibility, current application routes and waitlists. Multnomah County	503-802-8300 (main) 503-802-8333 (rent assistance)
Housing Authority of Yamhill County hayc.org	Affordable senior and disabled housing, rental assistance and application information. Eligibility and waiting lists differ by property or program. Yamhill County	503-883-4300
Oregon Division of Financial Regulation dfr.oregon.gov	Consumer advocates answer insurance questions and help with claim concerns. This is not an emergency housing service. Oregon	888-877-4894

Death investigation and nonemergency law enforcement

Death investigation and dispatch	Help and location	Contact
Washington County non-emergency dispatch washingtoncountyor.gov	Non-emergency police dispatch; call 911 for immediate danger. Washington County	503-629-0111
Washington County Medical Examiner washingtoncountyor.gov	Questions about a death investigation or case; office visits by appointment. Washington County	503-846-3575
Clackamas County non-emergency dispatch clackamas.us	Non-emergency police, fire or medical dispatch, 24/7; call 911 for immediate danger. Clackamas County	503-655-8211
Clackamas County Medical Examiner clackamas.us	Questions about a death investigation or case. Clackamas County	503-655-8380
Portland / Multnomah County non-emergency dispatch portland.gov	Non-emergency public safety dispatch, 24/7; call 911 for immediate danger. Portland and Multnomah County	503-823-3333
Multnomah County Medical Examiner multco.us	Questions about a death investigation or case; office visits by appointment. Multnomah County	503-988-0055
Yamhill County non-emergency dispatch ycom911.gov	Non-emergency public safety dispatch; Newberg/Dundee callers should use the separate local dispatch number. Yamhill County; Newberg uses separate dispatch	503-434-6500; Newberg/Dundee: 503-538-8321
Oregon State Medical Examiner oregon.gov	State medical examiner information and death-investigation records; office Mon–Fri 8 a.m.–5 p.m. Statewide; Yamhill death records	971-673-8200

Hospitals and hospice

Hospitals and hospice	Help and location	Contact
Legacy Meridian Park Medical Center legacyhealth.org	Hospital information. 19300 SW 65th Ave Tualatin	503-692-1212 (general information)
Hillsboro Medical Center tuality.org	Hospital information. 335 SE 8th Ave Hillsboro	503-681-1111 (general information)
Providence St. Vincent Medical Center providence.org	Hospital information. 9205 SW Barnes Rd, Portland postal address West Portland area	503-216-1234 (general information)
OHSU Hospital ohsu.edu	Hospital information. 3181 SW Sam Jackson Park Rd Portland	503-494-8311 (general information)
Legacy Emanuel Medical Center legacyhealth.org	Hospital information. Patient entrance: 501 N Graham St Portland	503-413-2200 (general information)
Legacy Good Samaritan Medical Center legacyhealth.org	Hospital information. 1015 NW 22nd Ave Portland	503-413-7711 (general information)
Legacy Mount Hood Medical Center legacyhealth.org	Hospital information. 24800 SE Stark St Gresham	503-674-1122 (general information)
Kaiser Permanente Sunnyside Medical Center healthy.kaiserpermanente.org	Hospital information. 10180 SE Sunnyside Rd Clackamas	503-652-2880 (general information)
Providence Milwaukie Hospital providence.org	Hospital information. 10150 SE 32nd Ave Milwaukie	503-513-8300 (general information)
Hopewell House hopewellhousepdx.org	Independent nonprofit residential hospice home at 6171 SW Capitol Hwy. Call admissions to discuss needs, fit and availability. Portland	503-894-7560 (admissions)

Hospitals and hospice	Help and location	Contact
Providence Oregon Hospice providence.org	Hospice care at home; call to discuss eligibility and arrange an evaluation. This is hospice intake, not the bereavement-group line. Clackamas, Multnomah, Washington and Yamhill counties	503-215-2273 (hospice intake)
Care Partners Hospice & Palliative Care carepartnersor.org	Hospice and palliative-care information. Call to discuss needs, eligibility and service at your address. For community grief groups, see Care Partners Grief Support. Portland region; call to confirm service at your address	503-648-9565 (hospice and palliative-care inquiries)
Providence Newberg Medical Center providence.org	Hospital information. 1001 Providence Drive Newberg	503-537-1555 (general information)
Willamette Valley Medical Center willamettevalleymedical.com	Hospital information. 2700 SE Stratus Ave McMinnville	503-472-6131 (general information)