

5 days 'til Mother's Day

LIMITED TIME ONLY

SEE OFFER

FAMILY CAREGIVING (/CAREGIVING/) **Local Resources and Solutions**



Resources Caregivers Should Know About

AARP (<https://www.aarp.org>) | Comments: 2



GETTY IMAGES

The following organizations, groups and agencies offer caregivers a variety of resources, ranging from support services and webinars to tip sheets, care guides and how-to videos.

AARP Family Caregiving

www.aarp.org/caregiving/ (<https://www.aarp.org/caregiving/?intcmp=AE-CAR-LRS-IL>)

Find free care guides, legal checklists, care options and an online community that supports all types of family caregivers.

Alzheimer's Association

www.alz.org (<http://www.alz.org/>)

800-272-3900

Information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 helpline and offers care navigator tools.

Alzheimers.gov

www.alzheimers.gov (<http://www.alzheimers.gov/>)

The government's free information resource about Alzheimer's disease and related dementias.

ARCH National Respite Network and Resource Center

www.archrespite.org (<http://archrespite.org/>)

Find programs and services that allow caregivers to get a break from caring for a loved one.

Caregiver Action Network

www.caregiveraction.org (<http://caregiveraction.org/>)

Formerly known as the National Family Caregivers Association, it provides information and education for family caregivers, including a volunteer support network in over 40 states.

Community Resource Finder

www.communityresourcefinder.org (<http://www.communityresourcefinder.org/>)

Easy access to a comprehensive listing of Alzheimer's and dementia resources, community programs and services.

Eldercare Locator

www.eldercare.gov (<http://www.eldercare.gov/>)

800-677-1116

Connects caregivers to local services and resources for older adults and adults with disabilities across the United States.

Family Caregiver Alliance

www.caregiver.org (<http://www.caregiver.org/>)

800-445-8106

Information, education and services for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.

Hospice Foundation of America

www.hospicefoundation.org (<http://www.hospicefoundation.org/>)

800-854-3402

Provides information on issues related to hospice and end-of-life care

Medicare

www.medicare.gov (<http://www.medicare.gov/>)

800-Medicare

Provides information about the parts of Medicare, what's new and how to find Medicare plans, facilities or providers.

National Alliance for Caregiving

www.caregiving.org (<http://www.caregiving.org/>)

A coalition of national organizations focused on family caregiving issues.

National Institute on Aging Information Center

www.nia.nih.gov (<http://www.nia.nih.gov/>)

800-222-2225

Research leader on aging issues; information on common age-related health problems.

The National Clearinghouse for Long-term Care Information

www.longtermcare.gov (<http://www.longtermcare.gov/>)

Information and tools to plan for future long-term care needs.

Social Security Administration

[www.socialsecurity.gov \(http://www.socialsecurity.gov/\)](http://www.socialsecurity.gov/)

800-772-1213

Information on retirement and disability benefits, including how to sign up.

State Health Insurance Assistance Program

[www.shiptacenter.org \(https://www.shiptacenter.org/\)](https://www.shiptacenter.org/)

A program that offers one-on-one insurance counseling and assistance to people with Medicare and their families.

Veterans Administration

[www.caregiver.va.gov \(http://www.caregiver.va.gov/\)](http://www.caregiver.va.gov/)

855-260-3274

Support and services for families caring for veterans. Maintains a VA caregiver support line.

Well Spouse Association

[www.wellspouse.org \(http://www.wellspouse.org\)](http://www.wellspouse.org/)

800-838-0879

Provides support for spousal caregivers.

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Support and Community

- [Community services that can help with care \(/caregiving/local/info-2017/community-services.html?intcmp=AE-CAR-BAS-EOA1\)](http://www.aarp.org/caregiving/local/info-2017/community-services.html?intcmp=AE-CAR-BAS-EOA1)
- DISCUSS: [How do you ask for help? \(http://community.aarp.org/t5/Caregiving/How-Do-You-Ask-for-Help/m-p/1856558/highlight/true#M3721?intcmp=AE-CAR-BAS-EOA2\)](http://community.aarp.org/t5/Caregiving/How-Do-You-Ask-for-Help/m-p/1856558/highlight/true#M3721?intcmp=AE-CAR-BAS-EOA2)