

## **Resources for Caregivers of the elderly and disabled**

1.

AARP<<http://www.aarp.org/home-family/caregiving/>>

AARP's Caregiving Resource Center provides family caregivers with information, tools and resources to help them on their caregiving journey. The site also provides access to caregiving experts in various issue areas, who provide information through blogs, webinars and one-on-one interaction through social media channels. Family members and friends can find a supportive online community that offers a safe space to connect with others experiencing similar challenges as they care for a loved one.

2.

Alzheimer's Association<<http://www.alz.org/care/>>

Specializing in caring for those with Alzheimer's and other dementias, the Alzheimer's Association has links with details on what to expect for each disease stage. It also explains behaviors specific to Alzheimer's and links caregivers to local respite care and activities, legal and financial advice and resources, and local caregiver support groups. Also included are pragmatic stress tests and caregiver message boards.

3.

Alzheimer's Foundation<<http://www.alzfdn.org/EducationandCare/strategiesforsuccess.html>>

The Alzheimer's Foundation provides online tips, a toll-free hotline, educational and social services, professional development, advocacy and grants, as well as a link for teens to connect, educate others and support caregiving teens. The Foundation puts its stamp of approval on facilities that meet their strenuous standards for good care for those with Alzheimer's, hosts a national memory screening day and a national brain game challenge.

4.

American Association of Caregiving Youth<<http://www.aacy.org/>>

The American Association of Caregiving Youth is geared toward supporting the 1.4 million children and teens who are caregiving for parents and grandparents. They provide counseling and support services, education and advocacy. The Association works directly with schools to help students remain academically successful while they are in the caregiving role.

5.

ARCH National Respite Network<<https://archrespite.org/>>

The ARCH (Access to Respite Care and Help) National Respite Network connects caregivers directly to local respite and crisis care services, assists and promotes the development of quality respite and crisis care programs, and advocates for respite in all forums.

6.

Caregiver Action Network<<http://caregiveraction.org/>>

The Caregiver Action Network (CAN) (formerly the National Family Caregivers Association) offers practical lists for immediate help with caregiving: patient file checklist, doctors office checklist, how to find a support group, medication checklist, independent living assessment and helpful videos. This easy-to-navigate site takes caregivers through step-by-step processes to help get a handle on caregiving.

7.

Caregiver Support Services<<http://www.seniorcaregiversupport.com/>>

Caregiver Support Services supports family and professional caregivers through direct services such as trainings on medication, on how to become a personal assistant or a nursing assistant, case management, employee assistance, Alzheimer's and HIV/AIDS, as well as self-advocacy and other pertinent services.

8.

[Caring.com](http://www.caring.com/)<<http://www.caring.com/>>

This website offers informative articles about common caregiving concerns for family caregivers, and hosts a directory of services.

9.

Caring Bridge<<http://www.caringbridge.org/>>

[CaringBridge.org](http://www.caringbridge.org/) connects families and friends who are experiencing a significant health challenge through private websites where people can share updates and support.

10.

E Care Diary<<http://www.ecarediary.com/>>

E Care Diary provides the tools and resources to simplify caregiving, including the Care Diary, a medication- and appointment-management tool that helps families store and share their loved ones' information in a secure, private place.