

# HELP FOR CAREGIVERS

## AARP Caregiver Resources

<b>AARP Caregiving Resource Center:</b> <a href="http://www.aarp.org/caregiving">www.aarp.org/caregiving</a> or 877-333-5885 For Spanish resources visit <a href="http://www.aarp.org/cuidar">www.aarp.org/cuidar</a> or call 888-971-2013.	Your one-stop shop for tips, tools and resources while caring for a loved one.
<b>AARP Local Caregiver Resource Guides:</b> <a href="http://www.aarp.org/caregiverresourceguides">www.aarp.org/caregiverresourceguides</a>	Local resources that help make caregiving easier.
<b>AARP Caregiving Tools:</b> <a href="http://www.aarp.org/caregivingtools">www.aarp.org/caregivingtools</a>	AARP's suite of web-based tools will help you find services, keep track of health records and more.
<b>AARP Care Guides:</b> <a href="http://www.aarp.org/careguides">www.aarp.org/careguides</a>	Take the stress out of caregiving with these targeted, easy-to-use guides.
<b>AARP I Heart Caregivers:</b> <a href="http://www.aarp.org/iheartcaregivers">www.aarp.org/iheartcaregivers</a>	Share your caregiving story and connect with others.
<b>AARP Online Caregiving Community:</b> <a href="http://www.aarp.org/caregivingcommunity">www.aarp.org/caregivingcommunity</a>	Join our community & connect with other caregivers like you.

## Government and Other Non-Profit Caregiver Resources

<b>Eldercare Locator:</b> <a href="http://www.eldercare.gov">www.eldercare.gov</a> or 800-677-1116	A public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults.
<b>Administration on Community Living (ACL):</b> <a href="http://www.acl.go">www.acl.go</a>	The federal agency responsible for advancing the concerns and interests of older people. The website has a variety of tools and information for older adults and family caregivers.
<b>NIH Senior Health:</b> <a href="http://www.nihseniorhealth.gov">www.nihseniorhealth.gov</a> or 800-222-2225	Fact sheets from the U.S. National Institutes of Health can be viewed online or ordered for free.
<b>Family Caregiver Alliance:</b> <a href="http://www.caregiver.org">www.caregiver.org</a> or 800-445-8106	Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.
<b>National Alliance for Caregiving:</b> <a href="http://www.caregiving.org">www.caregiving.org</a>	This organization is dedicated to improving the quality of life for caregivers and those they care for through research, innovation and advocacy.
<b>Rosalynn Carter Institute for Caregiving:</b> <a href="http://www.rosalynncarter.org">www.rosalynncarter.org</a>	Created to support caregivers, both family and professional, through efforts of advocacy, education, research and service.

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## Health Coverage, Medicare and Social Security Information

<b>AARP Health Law Answers:</b> <a href="http://www.healthlawanswers.org">www.healthlawanswers.org</a>	An online tool designed to help you understand what the health care law means for you and your family and where to go for information in your state.
<b>Medicare:</b> <a href="http://www.medicare.gov">www.medicare.gov</a> or <a href="tel:800-633-4227">800-633-4227</a>	<ul style="list-style-type: none"><li>• Provides information about the Medicare program and how to find Medicare plans and providers.</li><li>• Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.</li><li>• The official U.S. government site for Medicare.</li></ul>
<b>AARP Medicare Q&amp;A Tool:</b> <a href="http://www.aarp.org/MedicareQA">www.aarp.org/MedicareQA</a>	An easy-to-use online tool that provides answers to frequently asked questions about Medicare.
<b>Social Security Administration:</b> <a href="http://www.ssa.gov">www.ssa.gov</a> or <a href="tel:800-772-1213">800-772-1213</a>	Help and information on eligibility and benefits are available online from 5 a.m. to 1 a.m. ET Monday through Friday; 5 a.m. to 11 p.m. ET Saturday; and 8 a.m. to 11:30 p.m. ET Sunday. Phone help is available 7 a.m. to 7 p.m. ET Monday through Friday.

## Elder Law/Advance Directives/Social Worker Resources

<b>National Academy of Elder Law Attorneys:</b> <a href="http://www.naela.org">www.naela.org</a>	A professional association of attorneys who specialize in legal services for older adults and people with special needs. Find information on legal issues affecting older adults and a database of elder law attorneys by state.
<b>AARP Advance Directive Forms:</b> <a href="http://www.aarp.org/advancedirectives">www.aarp.org/advancedirectives</a>	Free, downloadable state-specific advance directive forms and instructions.
<b>National Association of Social Workers:</b> <a href="http://www.socialworkers.org">www.socialworkers.org</a>	This organization maintains a directory of licensed social workers at <a href="http://www.helppro.com/nasw">www.helppro.com/nasw</a> .

## Long-Term Care Resources

<b>LeadingAge:</b> <a href="http://www.leadingage.org">www.leadingage.org</a>	Consumer information on long-term care facilities and services, and how to access them.
<b>AARP Long-Term Care Cost Calculator:</b> <a href="http://www.aarp.org/longtermcarecosts">www.aarp.org/longtermcarecosts</a>	Find and compare the costs of home care, assisted living and other services throughout the United States.
<b>National Clearinghouse for Long-Term Care Information:</b> <a href="http://www.longtermcare.gov">www.longtermcare.gov</a>	Information and tools to help plan for long-term care needs.

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## Condition/Disease-Specific Advocacy Organizations

<b>Alzheimer's Association:</b> <a href="http://www.alz.org">www.alz.org</a> or <a href="tel:800-272-3900">800-272-3900</a>	Resources, tools, and a 24-hour helpline for people with Alzheimer's disease and their families.
<b>American Cancer Society:</b> <a href="http://www.cancer.org">www.cancer.org</a> or <a href="tel:800-227-2345">800-227-2345</a> .	From basic information about cancer and its causes to in-depth information on specific cancer types — including risk factors, early detection, diagnosis and treatment options.
<b>American Diabetes Association:</b> <a href="http://www.diabetes.org">www.diabetes.org</a> or <a href="tel:800-342-2383">800-342-2383</a>	Resources and research to prevent, cure and manage diabetes.
<b>American Heart Association:</b> <a href="http://www.heart.org">www.heart.org</a> or <a href="tel:800-242-8721">800-242-8721</a>	Resources will help you better care for someone who has heart disease or who has had a heart attack, heart surgery or a stroke.
<b>National Multiple Sclerosis Society:</b> <a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a>	Offers resources and support to navigate the best life through the challenges of MS.
<b>National Parkinson Foundation:</b> <a href="http://www.parkinson.org">www.parkinson.org</a> or <a href="tel:800-473-4636">800-473-4636</a>	Events, research progress and resources for those affected by Parkinson's disease.

## Population-Specific Resources (Hispanic Health, LGBT)

<b>National Alliance for Hispanic Health:</b> <a href="http://www.healthyamericas.org">www.healthyamericas.org</a> or <a href="tel:866-783-2645">866-783-2645</a>	The Hispanic Family Health Helpline and its Su Familia provide free and confidential health information for Hispanic families.
<b>SAGECAP:</b> <a href="http://www.sageusa.org/sagecap">www.sageusa.org/sagecap</a>	An organization providing counseling, information, support groups and more to gay, lesbian, and bisexual and transgender caregivers.

## Resources For Veterans/Military Families

<b>Department of Veterans Affairs:</b> <a href="http://www.va.gov">www.va.gov</a> or <a href="tel:800-827-1000">800-827-1000</a>	Information about eligibility and benefits for veterans and their families.
<b>Elizabeth Dole Foundation:</b> <a href="http://www.elizabethdolefoundation.org">www.elizabethdolefoundation.org</a>	Created to help American military caregivers by strengthening the services afforded to them through innovation, evidence-based research, and collaboration.

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## Home Care, Palliative Care, Hospice and Respite Care Resources

<b>National Association for Home Care &amp; Hospice:</b> <a href="http://www.nahc.org">www.nahc.org</a>	Consumer information on how to select a home care provider or hospice.
<b>National Hospice and Palliative Care Organization:</b> <a href="http://www.nhpco.org">www.nhpco.org</a> or 800-646-6460	Provides free consumer information on hospice care and puts the public in direct contact with hospice programs.
<b>NIH Senior Health:</b> <a href="http://www.nihseniorhealth.gov">www.nihseniorhealth.gov</a> or 800-222-2225	Fact sheets from the U.S. National Institutes of Health can be viewed online or ordered for free.
<b>CaringInfo:</b> <a href="http://www.caringinfo.org">www.caringinfo.org</a>	A national engagement initiative to improve care at the end of life.
<b>Care.com:</b> <a href="http://www.care.com">www.care.com</a>	A resource to find caregivers you can hire directly.
<b>National Association of Home Builders:</b> <a href="http://www.nahb.org/caps">www.nahb.org/caps</a> or 800-368-5242	A web-based directory of certified aging-in-place specialists who can identify and/or provide home modifications that make a home accessible, safer and more comfortable.
<b>National Respite Network:</b> <a href="http://www.archrespite.org">www.archrespite.org</a>	A service that helps people locate respite services.