

CAREGIVER RESOURCES LIST

Organization

- **Administration on Community Living (ACL):** www.acl.gov 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.
- **Alzheimer's Association:** www.alz.org or 800-272-3900 Resources, tools, and a 24-hour helpline for people with Alzheimer's disease and their families.
- **American Cancer Society:** www.cancer.org or 800-227-2345. 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.
- **American Diabetes Association:** www.diabetes.org or 800-342-2383 Resources and research to prevent, cure and manage diabetes.
- **American Heart Association:** www.heart.org or 800-242-8721 Resources will help you better care for someone who has heart disease or who has had a heart attack, heart surgery or a stroke.
- **Argentum:** www.argentum.org Information and resources on assisted living options and how to find them
- **Care.com:** www.care.com Improving the lives of families and caregivers by helping them connect in a reliable and easy way.
- **Caregiver Action Network:** www.caregiveraction.org or 202-454-3970 Information, educational materials and support for family caregivers.
- **CaringInfo:** www.caringinfo.org A national engagement initiative to improve care at the end of life.
- **Eldercare Locator:** www.eldercare.gov 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.



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- **Elizabeth Dole Foundation:** www.elizabethdolefoundation.org Created to help American military caregivers by strengthening the services afforded to them through innovation, evidence-based research, and collaboration.
- **Family Caregiver Alliance:** www.caregiver.org or 800-445-8106 Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.
- **LeadingAge:** www.leadingage.org Consumer information on long-term care facilities and services, and how to access them.
- **LGBTQ-friendly services:** Visit the National Resource Center on LGBTQ Aging at LGBTQagingcenter.org
- **Medicare:** www.medicare.gov or 800-633-4227 Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes. The official U.S. government site for Medicare.
- **National Academy of Elder Law Attorneys:** www.naela.org 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.
- **National Alliance for Caregiving:** www.caregiving.org This organization is dedicated to improving the quality of life for caregivers and those they care for through research, innovation and advocacy.
- **National Alliance for Hispanic Health:** www.healthyamericas.org or 866-783-2645 The Hispanic Family Health Helpline and its Su Familia provide free and confidential health information for Hispanic families.
- **National Association for Home Care & Hospice:** www.nahc.org Consumer information on how to select a home care provider or hospice.
- **National Association of Home Builders:** www.nahb.org/caps 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.
- **National Association of Social Workers:** www.socialworkers.org This organization maintains a directory of licensed social workers at www.helppro.com/nasw.
- **National Clearinghouse for Long-Term Care Information:** www.longtermcare.gov Information and tools to help plan for long-term care needs.



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- **National Hospice and Palliative Care Organization:** www.nhpco.org or 800-646-6460 Provides free consumer information on hospice care and puts the public in direct contact with hospice programs.
- **National Multiple Sclerosis Society:** www.nationalmssociety.org Offers resources and support to navigate the best life through the challenges of MS.
- **National Parkinson Foundation:** www.parkinson.org or 800-473-4636 Events, research progress and resources for those affected by Parkinson's disease.
- **National Respite Network:** www.archrespite.org A service that helps people locate respite services.
- **NIH Senior Health:** www.nihseniorhealth.gov or 800-222-2225 Fact sheets from the U.S. National Institutes of Health can be viewed online or ordered for free.
- **Rosalynn Carter Institute for Caregiving:** www.rosalynncarter.org Created to support caregivers, both family and professional, through efforts of advocacy, education, research and service.
- **SAGECAP:** www.sageusa.org/sagecap An organization providing counseling, information, support groups and more to gay, lesbian, and bisexual and transgender caregivers.
- **Social Security Administration:** www.ssa.gov or 800-772-1213 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.
- **State Health Insurance Assistance Program (SHIP):** www.shiptacenter.org or 877-839-2675 Your local SHIP offers one-on-one counseling assistance for people with Medicare and their families.
- **The Conversation Project:** www.theconversationproject.org Created to help people talk about their wishes for end-of-life care.
- **Veterans Affairs:** www.caregiver.va.gov or 855-260-3274 Provides supports and services for families caring for veterans. Connects caregivers with local caregiver support programs for veterans.
- **Village to Village Network:** www.vtvnetwork.org An organization that helps communities start Villages, which are membership-based groups that respond to the needs of older people within a geographic area. Find Villages across the U.S. online. 2-1-1: www.211.org A free and confidential service that helps people across North America find the local resources they need.

