

This document was created in collaboration with the VA Caregiver Support Program. The VA and military-related resources are at the beginning through page 11 with general community resources starting on page 12. Links in blue are related to email addresses. The links in orange/yellow go to webpage content as described.

## Veteran Affairs (VA) Resources

### Veterans Crisis Center

The Veteran Crisis Line has help available for Veterans and caregivers. If you or someone you know is in crisis, please call the toll-free Veterans Crisis Line to speak with a trained counselor 24/7/365.

### Veterans Crisis Line (VCL) - Veterans

- Call 988 (Press 1)
- Text 838255
- Call TTY if you have hearing loss 1-800-799-4889

[Suicide and Crisis Resources](#)

### Veterans Crisis Line (VCL) - Caregivers

- Caregivers will receive help for themselves by texting or calling 988.
- [Chat with a crisis counselor online 24/7/365](#)

[Suicide & Crisis Lifeline - English Version](#)

[Suicide & Crisis Lifeline - Spanish Version](#)

### Benefits and Healthcare

[Welcome to VA.gov - English Version](#)

[VA Resources - Spanish Version](#)

# Caregiver Support Line (CSL)

1-855-260-3274

## Caregivers Support Line (CSL) - VA Caregiver Support Program

VA's National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available support and services.

## Caregiver Support Line (CSL) - Monthly Educational Calls/Podcasts

Caregiver Support Line Telephone Education Group Calls.

Descriptor: Free, monthly one-hour telephone education calls for caregivers. Click here to learn more.

## Caregiver Support Line (CSL) - Handouts & Self-Care Topics

## Caregiver Support Team Locator

Caregiver Support Program Teams are available at each VA Medical Center (VAMC) to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services. Click the link to locate your Caregiver Support Team.

# Caregiver Support Program (CSP)

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA healthcare system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services. Visit the CSP website to learn more about available programs and resources for caregivers of Veterans.

## VA Caregiver Support Program - English Version

## VA Caregiver Support Program - Spanish Version

Visit the CSP website to learn more about available programs and resources for caregivers of Veterans.

# Caregiver Support Programs

The Veteran must be enrolled in Veterans Affairs (VA) health care and be receiving care from a caregiver in order for the caregiver to participate.

## [Program of Comprehensive Assistance for Caregivers \(PCAFC\) - VA Caregiver Support Program](#)

The U.S. Department of Veterans Affairs (VA) Program of Comprehensive Assistance for Family Caregivers (PCAFC) offers enhanced clinical support for Family Caregivers of eligible Veterans.

## [Program of General Caregiver Support Services \(PGCSS\) - VA Caregiver Support Program](#)

The Program of General Caregiver Support Services (PGCSS) provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans.

## Resources for Caregivers through the VA

- [Advanced Care Planning](#)
- [Bereavement](#)
- [Building Better Caregivers - Find out if you qualify](#)
- [Caregiver Connect \(VA Video Connect\)](#)
- [Caregivers FIRST](#)
- [Caregiving with Children and Adolescents](#)
- [Caring for Your Finances](#)
- [Communicating and Managing Emotions](#)
- [Community Resources](#)
- [Disaster and Emergency Preparedness](#)
- [Inclusive Care](#)
- [Legal and Financial Planning Services](#)
- [Live Whole Health](#)

- [Mobile Support: Annie Text Message Program](#)
- [National Center for Health Promotion VA - Healthy Living](#)
- [Palliative Care](#)
- [Peer Support Mentoring](#)
- [Resources for Enhancing All Caregiver's Health \(REACH\)](#)
- [Respite](#)
- [Self-Care Activities](#)
- [Self-Care and Resilience Group Support and Coaching](#)  
(Scroll down the page to find the listing)

## [Caregiver Support Program Announcement Page - English Version](#)

### VA Health Care

#### Addiction, Alcohol & Drug Education

##### [VA.gov Veteran Training - English Version](#)

This course introduces the facts about drugs and alcohol. Describes the mental and physical effects of drugs and alcohol, as well as ways people can make and maintain change. There are also many resources linked below the training.

#### AIMS: Anger, Irritability Management Skills

##### [VA.gov AIMS - English Version](#)

These courses will help you learn tools to control your reactions to irritating events and avoid the negative consequences of becoming angry. Many resources and tools to help create an anger control plan.

#### Dementia Care (including Alzheimer's)

##### [VA.gov Geriatrics/Alzheimer's & Dementia - English Version](#)

For those caring for a Veteran, resources on dementia care through the VA and information on new research on dementia in Veterans.

# Geriatrics and Extended Care

## [VA.gov Geriatrics and Extended Care - English Version](#)

Department of Veterans Affairs guide to long-term services and support for older military veterans, including VA nursing homes, and other senior residences, and help with home-based care.

# Mental Health

VA has a variety of mental health resources, information, treatment options, and more. All are accessible to Veterans, Veterans' supporters, and the general public

## [VA.gov Mental Health - English Version](#)

## [VA.gov Mental Health & Substance Use - English Version](#)

Resources & Services for Family Members and Caregivers of Veterans with Mental Health Disorders or Substance Use Disorder.

## [National Center for PTSD](#)

Leading the research and educational center of excellence on PTSD and traumatic stress.

# Specially Adapted Paraplegic Housing Grant

## [VA.gov: Housing Grants - English Version](#)

Veterans Administration keywords: Disability housing grants for Veterans. This grant provides grants to build or remodel a home to accommodate the special disability needs of Veterans.

# Office of Rural Health of the Veteran's Affairs:

## [Rural Health YouTube Video - English Version](#)

To educate and aid Veteran caregivers, the Office of Rural Health funded the following caregiver video series, each of which are broken up into modules on specific topics. If you would like a DVD copy of the modules, or if you have questions or feedback, please

call 801-582-1565 ext. 2770 or email the [Veterans Rural Health Resource Center - Salt Lake City](#)

## Caregivers Video Series:

### [Video Tips for Dementia Caregivers - English Version](#)

Clicking on the link to the video tips above, once on that webpage on the Rural Health Resources, scroll part way down to find the start of the video series and the specific video module title(s) as shown below (each of the titles is linked to the specific video):

### [Improving Communication in Dementia](#)

### [Intimacy in Dementia](#)

### [How Much to Help in Dementia](#)

### [Addressing Major Safety Risks in Dementia](#)

### [Preventing Financial Mismanagement in Dementia](#)

### [Minimizing Inappropriate Behavior in Dementia](#)

### [Medication Issues for People with Dementia](#)

### [Recognizing and Managing Pain in People with Dementia](#)

### [Engaging People with Dementia in Meaningful Activities](#)

## **Series One: “Information and Support for In-Home Dementia Caregivers”**

Follow Harold and Margaret as they face common issues surrounding dementia in-home care, including home safety, legal matters, problem behaviors, and relaxation techniques. The series of 20 modules are broken into specific topics.

[Communicating with Your Doctor](#)

[Overview of Dementia](#)

[Caring for the Caregiver](#)

[Support Group](#)

[Relaxation Techniques](#)

[Visualization of Relaxation Techniques](#)

[Legal Issues](#)

[Facing Legal Issues](#)

[Communication](#)

[Home Safety](#)

[Home Safety Tips](#)

[Problem Behaviors](#)

[Dealing with Problem Behaviors](#)

[Finding Caregiver Assistance](#)

[Resources for Caregivers](#)

[Implementing a Daily Plan](#)

[Dealing with Incontinence](#)

[Wandering](#)



## [Choosing a Nursing Facility](#)

## [Caregiving in a Nursing Home](#)

### **Series Two: “Managing Dementia Behaviors: ABC’s for Caregivers”**

Most people with dementia experience behavioral changes as their condition progresses, which can become challenging and distressing for caregivers to manage. This video series portrays Teri and Frank, a couple coping with Frank’s progressing dementia, to illustrate ways to communicate with and get help for someone with dementia. The series also teaches the ABC Model, a method that caregivers can apply most troublesome or frustrating behaviors associated with dementia to help reduce or eliminate them.

### [Understanding the ABC’s of Dementia Behaviors](#)

### [ABC’s of Dementia Behavior: Scenario #1](#)

### [ABC’s of Dementia Behavior: Scenario #2](#)

### [ABC’s of Dementia Behavior: Scenario #3](#)

## **Additional Resources for Veterans, Military Members, and their Families**

### **Elizabeth Dole Foundation**

202-249-7170

### [Elizabeth Dole Foundation - English Version](#)

Works to strengthen services for Americans caring for wounded, ill, or injured family members who served in the military. Its programs include Hidden Heroes, an online support community for military caregivers.



# Giving Help and Hope

[Give an Hour - A Sustainable Approach to Mental Healthcare - English Version](#)

[Give an Hour - Managing Anxiety During Times of Change - English Version](#)

Give an Hour's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. By harnessing the skill and expertise of volunteer professionals, we are able to increase the likelihood that those in need receive the support and care they deserve.

## Healing Household 6

[Healing Household 6 Programs - English Version](#)

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat-injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crises. Provides living assistance, respite care, childcare, and tangible resources to caregivers of injured veterans in domestic violence

situations. Mental health and wellness service for Wounded Warrior families.

## Hero Care Aunt Bertha

[Hero Care: Search for Community-based resources - English Version](#)

Search for community-based resources, national support organizations as well as programs and services assisting every zip

code in America. Categories for support include food, housing, goods, transit, health, money, care, education, work and legal. If you are in crisis, please call the Veteran's Crisis Line at 1-800-273-8255 and press 1.

## Homes for Our Troops

### Homes for Our Troops - English Version

Provides assistance to severely injured Veterans and their immediate families by raising donations of money, building materials, and professional labor and to coordinate the process of building a home that provides maximum freedom of movement and the ability to live more independently.

### Psycharmor Healing Household 6 Caregiver Education - English Version

In a partnership with Psycharmor Healing Household 6 offers Caregiver Education: courses selected for military caregivers to earn Psycharmor badges. Once registered caregivers can have access to the entire Psycharmor education library for free.

### Military Child Education Coalition - English Version

MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle.

### Military and Veteran Caregiver Network (MVCN: Redcross) - English Version

American Red Cross-affiliated network of online and community-based support groups and mentoring programs for caregivers of service members and veterans.

800-342-9647

### Military One Source - English Version

A Department of Defense-financed program that provides resources and support to active-duty, National Guard, and Reserve service

members and their families, including counseling and consulting services for caregivers.

## Sesame Street for Military Families

### [Sesame Workshop for Military Families - English Version](#)

*Sesame Street in Communities* builds on our almost 50-year commitment to addressing kids' developmental, physical, and emotional needs. Our time-tested research model and thorough testing with families and providers ensure that these resources have a measurable impact on the lives of parents and children.

## PsychArmor

### [ABC's of Respite: Caregiver Support](#)

PsychArmor® is a 501(c)(3) nonprofit that offers critical resources to Americans so they can effectively engage with and support military service members, Veterans, and their families.

Because fewer than 7% of Americans serve or have served in uniform, most civilians are unfamiliar with military culture. As a result, members of the military and Veteran community often feel misunderstood and reluctant to seek support. Our mission is to bridge that civilian-military gap by educating a nation.

At PsychArmor, we provide online training videos delivered by national subject matter experts who are fiercely committed to educating the civilian community about military culture – at no cost to the learner. Additionally, our Support Center provides follow-up coaching to reinforce the knowledge conveyed in our courses.

## Suicide

### [Stop Soldier Suicide Organization - English Version](#)

Seeking help for yourself, a loved one, or your community feeling the effects of crisis.

Warrior Care Recovery Coordination Program – Defense Health Agency:

## [Caregiver Resource Directory - English Version](#)

Our mission is to proactively support wounded, ill, and injured Service members in their recovery and reintegration or transition to civilian life. To achieve this, we focus on its vision to ensure the nation's wounded, ill, and injured Service members, their families, and caregivers are not forgotten.

## [Wounded Veteran Family Care Program - English Version](#)

Advocacy and support for caregivers who need help negotiating benefits and guidelines associated with the PCAFC benefit. Not associated with the Veteran's Administration.

# General Caregiver Resources

## National & Community Help Line – 2\*1\*1

### [211](#)

211 is the most comprehensive source of information about local resources and services in the country. Thousands of caring, local experts are available to help, 24/7. There are over 200 agencies across the United States that help people through calls, web chats, and text messages looking for basic needs like housing, food, transportation, and health care.

## Advance Care Planning & Long-Term Planning

### American Bar Association “find legal help” tool

#### [American Bar Association - English Version](#)

#### [American Bar Association - Spanish Version](#)

Helps refer individuals to free legal services or private attorneys in their communities.

## Center for Practical Bioethics

800-344-3829 (toll-free)

[Practical Bioethics - English Version](#)

Provides guidance to patients, families, and clinicians grappling with hard choices. Provides information on caring conversations, advance directives, do-not-resuscitate (DNR) directives, durable power of attorney, end-of-life planning, and advance care planning.

## LongTermCare.gov

[Long-Term Care: ACL.gov - English Version](#)

Online clearinghouse for information and tools to plan for your or your loved one's long-term care needs, maintained by the federal Administration for Community Living.

## LTC ombudsman

[Ombudsman - English Version](#)

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes and assisted living facilities.

Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems. If you want, the ombudsman can assist you with complaints.

However, unless you give the ombudsman permission to share your concerns, these matters are kept confidential. Under the federal Older Americans Act, every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

## Long-Term Care: Options at Home and in the Community

[UCSF-Long-Term Care: Options for at home and in the community - English Version](#)

[UCSF-Long-Term Care: Options for at home and in the community - Spanish Version](#)

Overview of options to provide long-term care to family members or friends living with dementia.

## National Center for Assisted Living

202-842-4444

[American Health Care Association, National Center for Assisted Living - English Version](#)

American Health Care Association, National Center for Assisted Living - English Version

A part of the American Health Care Association, NCAL offers consumer resources on finding assisted living facilities and related programs in your state and information on payment options.

## National Hospice and Palliative Care Organization

800-658-8898 (toll-free)

[NHPCO: Advanced Care Planning - English Version](#)

[NHPCO: Advanced Care Planning - Spanish Version](#)

Advance care planning is making decisions about the healthcare you would want to receive if you happen to become unable to speak for yourself. Advance care planning includes: getting information on the types of life-sustaining treatments that are available, and completing advance directives to put into writing what types of treatment you would or would not want.

## National Institute on Aging

[Advanced Care Directives - English Version](#)

[Advanced Care Directives - Spanish Version](#)

Advanced care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your healthcare providers—about your preferences. These preferences are often put into an advance directive, a legal



document that goes into effect only if you are incapacitated and unable to speak for yourself.

## National POLST Paradigm

202-780-8352

[National POLST.org - English Version](https://www.nationalpolst.org/)

POLST forms are portable medical orders or medical orders that travel with the patient (your state may call it something other than POLST). All adults should have an advance directive to help identify a surrogate decision maker and provide information about what treatments they want for an unknown medical emergency. A POLST form is for when you become seriously ill or frail and toward the end of life. A POLST form gives medical orders to emergency personnel based on your current medical situation. POLST forms and advance directives are both advance care plans but they are not the same.

## Next Step in Care

[Next Step in Care - English Version](#)

[For Family Caregivers - Spanish Version](#)

Next Step in Care provides easy-to-use guides and videos to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients. Transitions are moves between care settings, for example, hospital to home or rehab facility, or the start or end of home care agency services.

## Nursing Home Compare

[Compare Nursing Homes-English Version](#)

[Compare Nursing Homes-Spanish Version](#)

Searchable database with information on every Medicare- and Medicaid-certified nursing home in the country.



OrganDonor.gov

[OrganDonor.gov - English Version](#)

[OrganDoner.gov - Spanish Version](#)

## Prepare for your care

[Prepare for your care - English Version](#)

[Prepare for your care - Spanish Version](#)

Guides patients through the process of completing an advance healthcare directive. Available for all states and in multiple languages.

## Alzheimer's & Dementia

### Alzheimer's Association

800-272-3900

[Alzheimer's Association - English Version](#)

[Alzheimer's Association - Spanish Version](#)

Information and support for people with Alzheimer's disease and their caregivers. Operates a 24-hour helpline every day and offers care navigator tools. They offer help through a professionally staffed 24/7 Helpline (1.800.272.3900), face-to-face support groups and educational sessions in communities nationwide, and comprehensive online resources and information through the Alzheimer's and Dementia Caregiver Center.

Information available specific to certain groups is listed below.

- African American/Black

[Alzheimer's Association Resources](#)

- Asian

[Alzheimer's Association Resources](#)

- Hispanic/Latinx

### Alzheimer's Association Resources

## Alzheimers.gov

800-438-4380

[Alzheimer's.gov - English Version](#)

[Alzheimer's.gov - Spanish Version](#)

A federal government website focusing on Alzheimer's and dementia care, research, and support, including resources for caregivers.

## The Association for Frontotemporal Degeneration

866-507-7222

[Association for Frontotemporal Degeneration - English Version](#)

[Association for Frontotemporal Degeneration - Spanish Version](#)

Promotes and funds research into finding the cause, therapies, and cures for frontotemporal degeneration. They also offer information, education, and support to persons diagnosed with frontotemporal degeneration disorder, their families, and caregivers.

## CDC Alzheimer's Disease and Health Aging

[Centers For Disease Control and Prevention: Healthy Brain Initiative - English Version](#)

Find information related to Alzheimer's, BOLD, Healthy Brain Initiative, Healthy Aging, Caregiving, Dementia, and numerous other topics.

## AARP Family Caregiver Resource Guides

[AARP State Specific Key Programs: English Version](#)

[AARP State Specific Key Programs: Spanish Version](#)

AARP created state caregiver resource guides to help family caregivers access key programs, services, and agencies in their

community. Click or tap on a state to find tools and support for everything from health, legal, and financial assistance to respite care.

## Community Resource Finder

### [Community Resource Finder - English Version](#)

A joint project of AARP and the Alzheimer's Association provides easy access to Alzheimer's and dementia resources, community programs, medical services, and long-term care options in your area.

## Dementia Types

### [NIA-UCSF Dementia Types - English Version](#)

### [NIA-UCSF Dementia Types - Spanish Version](#)

This overview provides brief information on the most common types of dementia.

## Other types of Dementia & Alzheimer's Disease

### [UCSF-An Overview Document - English Version](#)

### [UCSF-An Overview Document - Spanish Version](#)

This overview provides information on Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia, and Frontotemporal Dementia.

## Dementia Myths and Facts

### [Dementia Myths & Facts - English Version](#)

### [Dementia Myths & Facts - Spanish Version](#)

See common myths about dementia and learn the facts.

## Eldercare Locator

800-677-1116

### [Eldercare Locator - English Version](#)

### [Spanish Eldercare Location Brochure](#)

Just one phone call or Website visit connects caregivers to area agencies on aging and other local resources for finding respite care, insurance counseling, transportation, and other services for older Americans and family members. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

## The Lewy Body Dementia Association

### [Lewy Body Dementia Association - English Version](#)

### [Lewy Body Resource Center - Spanish Version](#)

Works to raise awareness of Lewy body dementias (LBD), promoting scientific advances, and supporting people with LBD, their families, and caregivers. LBD is a complex disease that can present a range of physical, cognitive, and behavioral symptoms.

## Caregiver Services, Health Resources & Support

### Addiction

Addiction can be a chronic condition that affects many aspects of our lives, including relationships, career, mental and physical health. Addiction can be in the form of substance use disorder and behavioral addictions.

### [Cleveland Clinic: Addiction - English Version](#)

### [National Institute on Drug Abuse: What is drug addiction - English Version](#)

### [SAMHSA National Helpline - English Version](#)

### [SAMHSA National Helpline - Spanish Version](#)

### [Working Partners: Spanish Language Resources](#)

## Al-Anon

[Al-anon - English Version](#)

[Al-anon - Spanish Version](#)

Al-Anon provides help and hope for families and friends who are worried about someone with a drinking problem. Members support each other in coping with the challenges of someone else's drinking.

## Aging and Disability Centers Near You

[Eldercare - English Version](#)

Aging and Disability Resource Centers (ADRCs) across the country seek to address the frustrations many older adults, people with disabilities, and family members experience when trying to learn about and access long-term services and support. Provides objective information, advice, counseling, and assistance; empowers people to make informed decisions about their long-term services and supports; and helps people access public and private programs. ADRCs provide unbiased, reliable information and counseling to people with all levels of income.

## Agency on Aging, Administration for Community Living (ACL)

[Agency on Aging: ACL - English Version](#)

[Agency on Aging: ACL - Spanish Version](#)

Provides a comprehensive overview of a wide variety of topics, programs, and services related to aging, and connects you to online tools, resources, and advocates.

## American Association for Retired Persons (AARP) Family Caregiving

877-333-5885

[AARP: Caregiving - English Version](#)

### [AARP: Spanish Version](#)

AARP provides comprehensive information of issues affecting caregivers, legal checklists, information on care options and an online community that supports all types of family caregivers. It also provides a caregiver support line for one-on-one help.

## Caregiver Action Network

855-CARE-640

### [Caregiver Action Network - English Version](#)

Information, educational materials, resources, and peer support for family caregivers who care for loved ones with chronic conditions, disabilities, diseases, or the frailties of older age. Serves a broad spectrum of caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## CaringBridge

### [CaringBridge - English Version](#)

As a family caregiver, confronting an illness or an injury is one of the most demanding, isolating things you can do. Family and friends are an amazing source of support, but constantly sharing updates is impractical and can be emotionally draining.

CaringBridge is a free, personal, protected online platform with simple tools for family caregivers to share health updates, and for their community to offer support and encouragement when it matters most.

## Cooperative Extension System

### [Adult Development and Aging Programs - English Version](#)

The Cooperative Extension System is part of the United States Department of Agriculture (USDA). It provides caregivers and advocates access to a wide range of information and materials designed to help them learn about and provide supportive services to family and relative caregivers. Topics include disaster

preparedness, military families, grandparents raising grandchildren, housing, and nutrition.

## Family Caregiver Alliance

800-445-8106

[Family Caregiver Alliance - English Version](#)

[Family Caregiver Alliance - Spanish Version](#)

Supports caregivers through information, education, services, and research. Connects caregivers to services and support groups and has an ongoing story project, including the Family Care Navigator, a state-by-state list of services and assistance, online guide to help families locate government, nonprofit, and private caregiver support programs.

## Funeral Consumers Alliance

[Funeral Consumers Alliance - English Version](#)

Provides education to the public on funeral planning and advocates for consumer rights.

## Generations United

[Generations United – English Version](#)

[Generations United - Spanish Version](#)

Generations United (GU) is a national membership organization dedicated to improving the lives of children, youth, and older people through intergenerational strategies, programs, advocacy, and public policies.

## Geriatric care managers

[Geriatric Care Managers - English Version](#)

Provides referral information to connect caregivers with geriatric care managers who can serve as guides and advocates for families caring for older relatives or disabled adults. Care managers might help with assessment and monitoring, planning and problem-



solving, education and advocacy, and family caregiver coaching. Care managers that caregivers might be referred to through the website charge a fee for their services.

## Lotsa helping hands

### [Lotsa Helping Hands - English Version](#)

An online care management and organizational tool that facilitates communication between caregivers and members of their care support team (e.g. friends and family).

## Memory Café Directory

### [Memory Cafe - English Version](#)

### [Cafe Connect Calendar that offers options in different languages - Spanish Version](#)

Lists more than 700 memory cafés offered in hospitals, libraries, senior centers, and other facilities to help people with dementia and other cognitive issues, as well as their caregivers, combat social isolation and connect with others in similar situations. A Memory Cafe is not a place to “drop off” your loved one for a while, but a way to enjoy activities with them as a break from the normal routine.

## National Alliance for Caregiving

202-918-1013

### [National Alliance for Caregiving - English Version](#)

A coalition of national organizations focused on family caregiving issues. The alliance conducts policy analysis, tracks legislation and initiatives that affect caregivers and care recipients, conducts research, and develops national programs.

## National Council On Aging

### [Benefits Checkup - English Version](#)

### [Benefits Checkup - Spanish Version](#)

BenefitsCheckUp is the nation's most comprehensive online tool to connect older adults and people with disabilities to benefits.

## National Do Not Call

[Do Not Call Registry- English Version](#)

[Do Not Call Registry - Spanish Version](#)

Managed by the FTC to allow consumers to report unwanted calls.

## National Institute on Aging

800-222-2225

[National Institute on Aging - English Version](#)

A part of the National Institutes of Health, NIA offers extensive online information on common age-related health problems, including a section on caregiving for people with serious health issues. To view the information in Spanish click on Español at the upper right corner.

## U.S. Food and Drug Administration, Office of Women's Health: Tips for Caregivers

[FDA - Caring for others - resources to help you - English Version](#)

[FDA Women's Health Topics - Caring for others - resources to help you - Spanish Version](#)

FDA Office of Women's Health understands caring for someone can be rewarding but challenging. FDA's Tips for Caregivers website provides tools to help caregivers manage the care of their loved ones. The website provides tips for caregivers of older adults, young children, teens, and people with special needs. The website also highlights 7 tips for all caregivers to know.

## Well Spouse Association

800-838-0879

[Well Spouse - English Version](#)

Provides support for spousal caregivers, including a national network of support groups and an online chat forum.

## Village to Village network

### [Village to Village Network - English Version](#)

A national network of grassroots, nonprofit organizations that connects elders to social events and volunteer services (e.g. transportation, health and wellness programs, home repairs) in their communities.

## Caregiver Abuse/ Elder Abuse, Neglect & Exploitation

## National Adult Protective Services Association

### [National Adult Protective Services Association - English Version](#)

The National Adult Protective Services Association (NAPSA) is a national non-profit 501 (c) (3) organization with members in all fifty states. Formed in 1989, the goal of NAPSA is to provide Adult Protective Services (APS) programs a forum for sharing information, solving problems, and improving the quality of services for victims of elder and vulnerable adult mistreatment. Its mission is to strengthen the capacity of APS at the national, state, and local levels, to effectively and efficiently recognize, report, and respond to the needs of elders and adults with disabilities who are the victims of abuse, neglect, or exploitation, and to prevent such abuse whenever possible.

## National Coalition Against Domestic Violence:

### [National Coalition Against Domestic Violence - English Version](#)

Articles on how to address anger and aggression from a loved one with dementia.

- Elders Who Abuse Their Family Caregivers & When Caregivers Are Abused:

[Elders who abuse their caregivers - English Version](#)  
[NIH: Elder Abuse and Mistreatment - Spanish Version](#)

800-677-1116

[National Resource Center: prevention of elder mistreatment - English Version](#)

A national resource center dedicated to the prevention of elder mistreatment.

[CDC: Violence Prevention & Elder Abuse - English Version](#)

Provides information, prevention strategies, and resources.

## Money Smart for Older Adults resource guide

[FDIC: Money Smart for Older Adults - English Version](#)

[FDIC: Money Smart for Older Adults - Spanish Version](#)

Provides education on avoiding scams, fraud, and other financial exploitation schemes that target elders.

## Caregiving & Communicating with Family/Children

Caregivers in the middle – information for family caregivers of children and individuals with dementia

- Family Caregiver Alliance Resources and Services

[Family Caregiver Alliance - English Version](#)

[Family Caregiver Alliance: Resources and Services - Spanish Version](#)

[Books to help children - English Version](#)

[Grandma Doesn't Remember Me - English Version](#)

[Sandwiched in - Caregivers in the middle - English Version](#)

- For Parents and Teachers

## [Resources to help kids and teens for Parents and Teachers - English Version](#)

### Maintaining Family Harmony & Family Mediation

- Information on Holding a Family Meeting

[Holding a family meeting - English Version](#)

[Holding a family meeting - Spanish Version](#)

- Caregiving with Your Siblings

[Caregiving with your siblings - English Version](#)

[Caregiving with your siblings - Spanish Version](#)

## Caregiving & Working

### Balancing Work and Caregiving

[AARP: Balance Work and Caregiving - English Version](#)

[AARP: Being a Caregiver While You Work - Spanish Version](#)

### Balancing Work, Life and Caregiving: You Can't Go it Alone

[Balancing Work, Life and Caregiving - English Version](#)

### Balancing Career and Caregiving

[Family Caregiver Alliance: Balancing Career and Caregiving - English Version](#)

### US Department of Labor

[Department of Labor: FMLA \(Family Medical Leave Act\) - English Version](#)

General information about the Family and Medical Leave Act (FMLA) is provided to certain employees to help balance work and family responsibilities

## Chronic Conditions & Mental Health

### Allergy & Asthma Network

#### [Allergy & Asthma Network - English Version](#)

The Allergy & Asthma Network Mothers of Asthmatics, a patient advocacy organization, was started by a mother with children who have asthma. Section for patients includes practical easy-to-understand and medically accurate ways to prevent and control symptoms.

### American Academy of Allergy Asthma & Immunology

#### [American Academy of Allergy Asthma & Immunology - English Version](#)

#### [American College of Allergy, Asthma & Immunology - Spanish Version](#)

The American Academy of Allergy Asthma & Immunology (AAAAI) is one of the nation's largest professional medical specialty organizations. Their website, though mainly for industry, does include a Find an Allergist / Immunologist service.

### Asthma and Allergy Foundation of America

#### [Asthma and Allergy Foundation of American - English Version](#)

#### [Asthma and Allergy Foundation of American - Spanish Resources](#)

A nonprofit organization founded in 1953, works to develop and implement public policies to improve the quality of life for people with asthma and allergies. This website provides information about triggers, symptoms, and treatments as well as a blog and community forum.

## American Diabetes Association

[American Diabetes Organization - English Version](#)

[American Diabetes Association - Spanish Version](#)

This site contains a variety of information about diabetes from nutrition to research and advocacy issues like insulin affordability. Website also features: news, risk tests, statistics, recipes, and is available in Spanish.

## American Heart Association

[American Heart Association - English Version](#)

Nonprofit organization offering healthy living tips and information about different heart-related health topics, caregiver support, and community forums.

- Arrhythmia

[American Heart Association-Arrhythmia - English Version](#)

[Medline Plus: Arrhythmia - Spanish Version](#)

- Heart Failure

[American Heart Association-Heart Failure - English Version](#)

[Medline Plus-Heart Failure - Spanish Version](#)

- Peripheral Artery Disease

[American Heart Association - English Version](#)

[American Heart Association - Spanish Version](#)

## American Lung Association

[American Lung Association - English Version](#)

[American Lung Association - Spanish Version](#)

The American Lung Association website provides information on asthma, allergies, and other respiratory illnesses, ways to stop smoking as well as in-depth information on ongoing clinical trials.



- COPD

[COPD - English Version](#)

[MedlinePlus COPD - Spanish Version](#)

## American Thoracic Society

[American Thoracic Society - English Version](#)

An international medical association dedicated to advancing clinical and scientific understanding of pulmonary diseases, critical illnesses, and sleep-related breathing disorders.

- Patient Resources

[Patient Resources - English Version](#)

[Patient Resources - Spanish Version](#)

## Caregiver Stress and Coping

[Family Caregiver Alliance - English Version](#)

[Family Caregiver Alliance - Spanish Version](#)

The Family Caregiver Alliance (FCA) provides tips for caregivers on managing their health and reducing stress.

800-272-3900

[Alzheimer's Association Helpline - English Version](#)

[Alzheimer's Association Helpline - Spanish Version](#)

The Alzheimer's Association 24/7 helpline provides caregiving tips and emotional support to people caring for a family member or friend with memory problems. Free phone line and chat services are available around the clock, 365 days a year.

## Caregiver Tips for Home Activities and Daily Tasks

[AARP Keeping Loved Ones Active - English Version](#)

[AARP Keeping Loved Ones Active – Spanish Version](#)

The American Association of Retired Persons (AARP) provides tips for caregivers on home activities for care partners that support social connection and brain health.

### [9 cognitively stimulating activities you can do at home - English Version](#)

Alzheimer's San Diego provides tips for caregivers on home activities for care partners with memory problems.

## COVID-19: Avoiding Scams

### [FTC: Avoiding COVID-19 Scams - English Version](#)

### [FTC: Avoiding COVID-19 Scams - Spanish Version](#)

The Federal Trade Commission (FTC) provides information on scams related to COVID-19, as well as a form for reporting scams.

## COVID-19: Caring for Yourself and Others

### [COVID CDC - English Version](#)

### [COVID CDC - Spanish Version](#)

The Centers for Disease Control and Prevention (CDC) has up-to-date information on keeping yourself and those you care for as safe and healthy as possible regarding COVID-19.

## COVID-19: Chronic Disease

### [CDC: People with certain medical conditions and COVID-19 - English Version](#)

This page offers tips and information from the CDC on COVID-19 and chronic conditions.

## COVID-19: General Resources

### [Caring for yourself or someone - English Version](#)

If You Are Sick or Caring for Someone This link offers a step-by-step guide to care for yourself and to help protect other people in your home and community.

### [YouTube Video - COVID-19 - English Version](#)

Watch this video message from CDC's Director for the Division of Human Development and Disability to learn more about COVID-19 and older adults.

## Epilepsy

### [Mayo Clinic: Epilepsy - English Version](#)

### [NIH: National Institute of Neurological Disorders and Stroke - Epilepsy and Seizures - English Version](#)

### [American Association of Neurological Surgeons - English Version](#)

### [Epilepsy Foundation – Spanish Versions](#)

### [International Spanish Epilepsy Society - Spanish Version](#)

## Parkinson's

### [Cleveland Clinic: Parkinson's Disease – English Version](#)

### [NIH Neurological Disorders and Stroke: Parkinson's Disease - English Version](#)

### [Parkinson's Foundation: What is Parkinson's - English Version](#)

### [NIH: National Institute on Aging: Parkinson's Causes, Symptoms, and Treatments - Spanish Version](#)

### [American Parkinson Disease Association - Spanish Version](#)

### [Michael J Fox: Resources - Spanish Version](#)

## Mayo Clinic

[Mayo Clinic - English Version](#)

[Mayo Clinic - Spanish Version](#)

This site contains a variety of information about many conditions from nutrition to research. The website also features news, risk tests, statistics, and recipes.

## National Center for Complementary and Integrative Health

[NCCIH.NIH.gov: Be an Informed Consumer - English Version](#)

Learn about the usefulness and safety of complementary and integrative interventions and the role they can play in improving health and healthcare. There are five areas of complementary and alternative medicine. Whole medical systems, mind-body medicine, biologically based practices, manipulative and body-based practices, and energy therapies.

## WebMD

- Coronary Artery Disease

[WebMD: Coronary Artery Disease - English Version](#)

[WebMD: Coronary Artery Disease - Spanish Version](#)

- Heart Disease Health Center

[WebMD: Heart Disease - English Version](#)

- Stroke Health Center

[WebMD: Stroke - English Version](#)

## Mental Health

## HelpGuide

[HelpGuide - English Version](#)

A nonprofit mental health and wellness website that offers education and guidance around physical and emotional well-being, relationships, and healthy aging.

## National Alliance on Mental Illness

800-950-6264

[National Alliance on Mental Illness - English Version](#)

[National Alliance on Mental Illness - Spanish Version](#) Grassroots alliance of local organizations offering information, resource referrals, and peer-to-peer support for people living with mental illness, their family members, and caregivers.

## Redcross Mental Health Resources

[Redcross: Mental Health Resources - English Version](#)

These resources might help support veterans, caregivers, and their families with their mental health.

## Driving

### American Occupational Therapy Association (AOTA)

[AOTA: Finding a Driving Rehabilitation Provider - English Version](#)

AOTA's nationwide database of driving programs and specialists can help you to locate services near you. If you cannot find a driving specialist or program here, please contact your local rehabilitation hospital's occupational therapy department for assistance.

Occupational therapists with specialized training in driver rehabilitation are able to identify not only a driver's strengths but also the physical, visual, and cognitive challenges the individual faces. As a result, occupational therapists can evaluate an individual's overall ability to operate a vehicle safely and, if needed, recommend ways to limit risks.

## Dementia and Driving

## [Family Caregiver Alliance: Dementia and driving - English Version](#)

### [ALZ.org: Dementia and Driving - English Version](#)

Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer's or dementia will, at some point, be unable to drive. Provides tips, and resources for planning ahead which can help ease the transition.

## Resources for Senior Driving

### [AAA: Senior Driver Safety & Mobility - English Version](#)

Learn more about senior licensing laws, driving safety, mobility, and Roadwise Driver programs for senior drivers specific to their state.

## Home Modification, Special Equipment & Mobility Aids

Centers for Independent Living (support adults with disabilities by providing adaptive equipment)

### [Centers for Independent Living Directory - English Version](#)

The term "center for independent living" means a consumer-controlled, community-based, cross-disability, a nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services. A CIL provides, at a minimum, the following core services: information & referral, independent living skills training, individual and systems advocacy, peer counseling, transition assistance from nursing homes and other institutions to community-based residences, assisting individuals to avoid institutional placement, and transition of youth with significant disabilities after completion of secondary education to postsecondary life.

## Durable medical equipment (DME) coverage

[Medicare: Durable medical equipment coverage - English Version](#)

[Medicare: Durable medical equipment coverage - Spanish Version](#)

Medicare Part B (Medical Insurance) covers medically necessary durable medical equipment (DME) if your doctor prescribes it for use in your home. DME that Medicare covers includes, but is not limited to blood sugar test strips, canes, commode chairs, hospital beds, patient lifts, and wheelchairs & scooters.

[Aging In Place: Home modifications - English Version](#)

Stay in the home where you've made a lifetime of memories. A well-adapted home works for all generations, including seniors who are aging in place.

## National Association of Home Builders

800-368-5242

[National Association of Home Builders - English Version](#)

The industry group offers a certified aging-in-place specialist designation for builders who specialize in designs and modifications to help older adults continue to live at home. Consult their directory for a specialist near you.

[A Guide To Certified Aging In Place Specialists - English Version](#)

## Rebuilding Together

[Rebuilding Together - English Version](#)

A national network of nonprofit organizations that helps low-income families with free home modification and repair services.

## Home Safety & Fall Prevention

[ALZ.org: Home Safety - English Version](#)

[ALZ.org: Home Safety - Spanish Version](#)



People with Alzheimer's can live in their homes, as long as safety measures are in place. As Alzheimer's progresses, a person's abilities change. But with some creativity and problem-solving, you can adapt the home environment to support these changes. Provides tips.

[ALZ.org: Wandering - English Version](#)

[ALZ.org: Disorientation - Spanish Version](#)

Wandering among people with dementia is dangerous, but there are strategies and services to help prevent it.

## American Association of Poison Control Centers

[American Association of Poison Control Centers - English Version](#)

## Fall Prevention

Information on helping older adults reduce the risk of falling in order to stay healthy and independent as long as possible. Provides some common factors that can lead to a fall.

[NCOA: 6 steps to help prevent falls - English Version](#)

[Mayo Clinic: Simple tips to prevent falls - English Version](#)

## Information on gun safety

- [Alzheimer's Association Firearm Safety - English Version](#)
- [Aging In Place: Older Adult and Gun Ownership - English Version](#)

## In-Home Care & Respite care (Using and Finding Respite Care)

## Home Health Compare

[Medicare: Find & compare providers near you - English Version](#)

### [Medicare: Find & compare providers near you - Spanish Version](#)

Search tool that lets you find and compare Medicare-certified home health agencies in your area, with information on services provided and patient ratings.

## National Adult Day Services Association

### [National Adult Day Services Association - English Version](#)

Professional organization for providers of adult day care with consumer resources including an adult day care locator and advice on evaluating and choosing a local center for your loved one.

## National Respite Network and Resource Center (ARCH)

### [National Respite Network & Resource Center - English Version](#)

Find programs and services that allow caregivers to get a break from caring for a loved one. The National Respite Locator is a state-by-state list of services and assistance.

## Senior Corps

800-942-2677

### [AmeriCorps Senior Corps Program](#)

The national service network's Senior Companions program matches older volunteers with seniors who have trouble with daily tasks, helping them live independently and providing respite for family caregivers.

## Hospice Services & Palliative

## Get Palliative Care

### [Get Palliative Care - English Version](#)

### [Get Palliative Care - Spanish Version](#)

A directory from the nonprofit Center to Advance Palliative Care that lets you search for providers of palliative care in your area.

## Hospice Compare

[Medicare: Find Hospice Care Near Me - English Version](#)

[Medicare: Find Hospice Care Near Me - Spanish Version](#)

Search tool to find hospice providers in your area who participate in Medicare and to how they rank against national averages in areas such as family experience and quality of care.

## Hospice Foundation of America

800-854-3402

[Hospice Foundation of America - English Version](#)

Professional organization for hospice providers that offers practical tips and advice on family caregiving and hospice.

## Housing & Food Resources

### National Shared Housing Resource Center

[National Shared Housing Resource Center - English Version](#)

The National Shared Housing Resource Center (NSHRC) is a network of independent non-profit home-sharing programs across the United States. A person offers a private bedroom and shared common area in exchange for rent, help around the house, or a combination of the two.

### Senior Housing

[Senior Housing - English Version](#)

Provides information on types of housing and care and other elderly care information

### Find Your Local Food Bank

## [Feeding America: Finding your local food bank - English Version](#) [Feeding American: Spanish Version](#)

The Feeding America nationwide network of food banks secures and distributes 4.3 billion meals each year through food pantries and meal programs throughout the United States and leads the nation to engage in the fight against hunger. Contact your local community food bank to find food or click here to read about public assistance programs.

## Meals on Wheels America

### [Meals on Wheels America - English Version](#)

## National Information and Resources

### [Eldercare: Resources Food & Nutrition - English Version](#)

## Insurance

### Appealing a health plan decision

#### [Healthcare.gov: Appeal Insurance Company Decision - English Version](#)

#### [Healthcare.gov: Appeal Insurance Company Decision - Spanish Version](#)

### Insurance Denials & Appeals

#### [Patient Advocate: Insurance Denials & Appeals - English Version](#)

## State Health Insurance Assistance Program (SHIP)

### [SHIP Help - English Version](#)

SHIP offers local insurance counseling and assistance to Medicare recipients, their families, and caregivers.

# Seniors Resource Guide

## [Senior Resource Guide to Explore States - English Version](#)

## Legal & Financial Help

### BenefitsCheckUp®

#### [Benefits Checkup - English Version](#)

BenefitsCheckUp® is a free service of the National Council on Aging has a comprehensive online tool that connects older adults with benefits you or your loved one may qualify for. See if you are eligible for benefits to pay for food, medicine, rent, and other daily expenses. To view the Spanish version click on the menu in the upper right corner and select Español.

## Legal & Financial Navigation Program

#### [Triage Health: Navigation Program - English Version](#)

This program will provide individuals diagnosed with a serious or chronic condition, their caregivers, and healthcare professionals with free one-on-one help in areas of health insurance, disability insurance, employment, finances, medical decision-making, estate planning, and more through barriers that can be faced will accessing care.

## National Academy of Elder Law Attorneys

#### [National Academy of Elder Law Attorneys - English Version](#)

A nonprofit association of lawyers and organizations that provide legal services for older adults and people with special needs. You can use its site to find lawyers in your area who specialize in long-term care, power of attorney, and other aging and caregiving issues.

## Scam Resources

[Social Security Administration - Slam the Scam: English Version](#)  
[Social Security Administration - Slam the Scan PDF: Spanish Version](#)

Information and tools to help you protect yourself from Social Security Scams.

## WISER (Women's Institute for a Secure Retirement)

[Wiser Women - English Version](#)

Financial Steps for Caregivers: What You Need to Know About Money and Retirement is designed to help you identify financial decisions you may face as a caregiver. The decision to become a caregiver can affect both your short-term and long-term financial security, including your own retirement.

## LGBTQIA+ Resources

### Alzheimer's Association LGBT Resources

[ALZ.org: LGBT Resources - English Version](#)

[ALZ.org: Get involved with your local Chapter - Spanish Version](#)

Contains information on support groups and a community forum for the LGBT community and its allies. Also contains a video on the basics of Alzheimer's, dementia, and LGBT caregiving concerns.

### CenterLink—the Community of LGBT Centers

[CenterLink: Community of LGBT Centers - English Version](#)

Contains location information on LGBT Community Centers across the U.S. (and in other countries). Offers technical assistance, leadership training, and networking opportunities to these centers.

### GLBTQ Legal Advocates & Defenders (GLAD)

800-455-4523

[GLAD.org: GLBTQ Legal Advocates & Defenders - English Version](#)

## [GLAD.org: Standing up for equality and justice for all - Spanish Version](#)

Advocates for LGBT people by working to end discrimination based on gender identity and expression, HIV status, and sexual orientation through litigation, public policy advocacy, and education.

## Health Professionals Advancing LGBTQ Equality (previously known as the Gay & Lesbian Medical Association)

202-600-8037

## [Health Professionals Advancing LGBTQ Equality - English Version](#)

Association of lesbian, gay, bisexual, transgender, and queer healthcare professionals. Contains searchable online provider directory of primary care providers, specialists, therapists, and dentists who self-identify as trusted partners for the LGBTQIA+ community.

## Immigration Equality

### [Immigration Equality - English Version](#)

Advocates for LGBTQ and HIV-positive immigrant rights through direct legal services, policy advocacy, and impact litigation.

## Lambda Legal

866-542-8336

### [Lambda Legal - English Version](#)

Defends the rights of LGBT and HIV-positive seniors who face discrimination related to their sexual orientation, gender identity or HIV status, including discrimination at senior centers; denial of housing; denial of ability for same-sex couples to share a room in an assisted living facility or nursing home; and denial of equal Social Security benefits and survivor benefits.

## National Black Justice Coalition



202-319-1552

### National Black Justice Coalition - English Version

A civil rights organization dedicated to the empowerment of Black lesbian, gay, bisexual, transgender, queer, and same gender loving (LGBTQ/SGL) people, including people living with HIV/AIDS.

## National Center for Lesbian Rights

Legal helpline 800-528-6257

### NCLR: Get help - English Version

### NCLR: Get help - Spanish Version

Focuses on LGBT equality by advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families. Provides free legal assistance to LGBTQ people and their legal advocates; and conducts community education on LGBTQ issues.

## National Resource Center on LGBT Aging

### NRC on LGBTQ&Aging: Library - English Version

An online clearinghouse of educational resources related to LGBT aging that includes resources for caregivers. Provides information on health care, LGBT community centers, housing services and locators, and more.

## SAGE (Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders) & SAGE Caregiver Resources

LGBT Elder Hotline 888-234-SAGE or email

[SAGE@LGBThotline.org](mailto:SAGE@LGBThotline.org)

### SAGE - English Version

### SAGE Resources on Caregiving - English Version

LGBT aging organization that provides direct services in New York City and across the country through a network of SAGE affiliates.

The SAGE Hotline offers peer support. Also provides counseling, information, support groups, and more to LGBT caregivers.

## Transgender Law Center

877-847-1278

[Transgender Law Center - English Version](#)

Focuses on changing law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination, regardless of their gender identity or expression.

## Managing Behaviors Common in Dementia

### Behavior Issues

[Family Caregiver Alliance - Behavior Issues - English Version](#)

### Aggression and Anger

[ALZ.org: Aggression and Anger - English Version](#)

[ALZ.org: Aggression and Anger - Spanish Version](#)

### Anxiety and Agitation

[ALZ.org: Anxiety and Agitation - English Version](#)

[ALZ.org: Anxiety and Agitation - Spanish Version](#)

## Common Medical Problems in AD

[NIH.gov: Common Medical Problems - English Version](#)

[NIH.gov: Common Medical Problems - Spanish Version](#)

Overview of acute conditions e.g. constipation, dehydration, UTI, etc. that might trigger or exacerbate behavior problems in dementia.

## Depression

[ALZ.org: Depression - English Version](#)

## Hallucinations

[ALZ.org: Hallucinations - English Version](#)

[ALZ.org: Hallucinations - Spanish Version](#)

## Memory Loss and Confusion

[ALZ.org: Memory loss and confusion - English Version](#)

[ALZ.org: Memory loss and confusion - Spanish Version](#)

## National Institute on Aging

[NIH Complex Changes In the Brain - English Version](#)

The tips found here can help caregivers cope with behaviors like hallucinations, delusions, and paranoia.

## Repetition

[ALZ.org: Caregiving Stages and Repetition - English Version](#)

## UCSF Memory & Aging Center resource on Behavior and Personality Changes

[UCSF: Memory and Aging Center - English Version](#)

Education on different behavior problems that are common in dementia and strategies to help caregivers cope with them.

## UCLA caregiver training videos

[UCLA: Caregiver training videos - English Version](#)

Series of videos demonstrating how caregivers can manage challenging behaviors in dementia.

## MedicAlert Safe Return

[MedicAlert Safe Return - English Version](#)

A 24-hour nationwide emergency response service for individuals who suffer from Alzheimer's or a dementia related disease who wander or have a medical emergency.

## Managing Daily Care

[ALZ.org: Daily Care - English Version](#)

[ALZ.org: Daily Care - Spanish Version](#)

A person living with dementia will eventually need assistance with daily living. Provides information on caregiving skills so you can adapt routines and activities as needs change. Provides a variety of ideas such as daily care plan, incontinence, bathing, dressing and grooming, and dental care.

## Caregiver videos

[Family Caregiver Alliance Webinars - English Version](#)

Family caregiver webinars are for family members, partners, and friends caring for a loved one living with a chronic or disabling health condition. They are listed under the following categories: daily care, planning for care, and self-care.

## Next Step in Care

[Next Step in Care - English Version](#)

[Next Step in Care: Videos - English Version](#)

Next Step in Care provides easy-to-use guides and videos to help family caregivers and healthcare providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients. Transitions are moves between care settings, for example, hospital to home or rehab facility, or the start or end of home care agency services.

## Bathing without a Battle

[Bathing Without A Battle - English Version](#)

Free online training course (2-2.5 hours) that offers techniques on how to help create a better bathing experience for persons with dementia.

## CurePSP how to videos (strategies for people with mobility limitations)

### [YouTube Video: Strategies for people with mobility issues - English Version](#)

Short videos with strategies on how to assist people with mobility limitations with daily care tasks (e.g. eating, dressing, walking) and what to do in case of a fall.

## Family Caregiver Alliance (FCA) Caregiver College

### [YouTube Video: FCA Caregiver College \(8 video series\) - English Version](#)

Series of videos with strategies on how to manage daily care tasks and challenging behaviors in dementia.

## Information on dressing and grooming

### [ALZ.org: Dressing and Grooming - English Version](#)

### [ALZ.org: Dressing - Spanish Version](#)

## Conversations with Caregivers

### [UCSF: Conversations with Caregivers - English Version](#)

Series of videos featuring family caregivers discussing their experiences with managing common caregiving challenges.

## Medication Safety

### [ALZ.org: Medication Safety - English Version](#)

Provides information on the importance of understanding medication to its purpose and proper usage in order to ensure individuals living with dementia take medications as directed.

# Caregiver's Guide to Medications and Aging

[Caregiver's guide to medications and aging - English Version](#)

[Caregiver's guide to medications and aging - Spanish Version](#)

This fact sheet serves as a caregiver's guide to medication use and provides tips on what to do about the challenges of that use.

## Videos on Medication Management for People with Dementia

- Medication Management Basics | 1. Round Up Those Meds

[Round Up Those Meds 1 - English Version](#)

[Round Up Those Meds 1 - Spanish Version](#)

- Medication Management Basics | 2. Talk to Health Professionals

[Talk to Health Professionals 2 - English Version](#)

[Talk to Health Professionals 2 - Spanish Version](#)

- Medication Management Basics | 3. Set Up a Dosage System

[Set Up a Dosage System 3 - English Version](#)

[Set Up a Dosage System 3 - Spanish Version](#)

- Medication Management Basics | 4. Create a Medication List

[Create a Medication List 4 - English Version](#)

[Create a Medication List 4 - Spanish Version](#)

- Medication Management Basics | 5. Medication Management for People with Dementia

[Medication Management for People with Dementia 5 - English Version](#)

## Medicare & Medicaid (How to Enroll)

### Medicare

800-633-4227

[Get Started - How to Enroll in Medicare - English Version](#)

[Get Started - How to Enroll in Medicare - Spanish Version](#)

The federal health program for people age 65 and older or disabled covers home health and skilled nursing services in some circumstances, and its website has tools to help you find care facilities and providers that accept Medicare.

Videos on Medication Management for People with Dementia

- How to get started:
- [How and when to apply for Medicare - English Version](#)
- [Medicare: How it works and how to sign-up - Spanish Version](#)

### Medicaid

877-267-2323

[Medicaid.gov - English Version](#)

[Service Centers of Medicare & Medicaid PDF - Spanish Version](#)

Medicaid provides health coverage for people with limited income and assets, and unlike Medicare, it can help pay for long-term care such as in a nursing home. Medicaid coverage differs from state to state. Contact your state agency with questions.

Videos on Medication Management for People with Dementia

[Resources by State - English Version](#)

How to get started:

[How-To Information - Medicaid & CHIP - English Version](#)