

Helpful Resources For Family Caregivers

In addition to the following resources I would recommend that you seek professional counselors in your area.

Support Groups:

- **National Family Caregiver Support Program:** Offers a database of local support groups across the US: <https://www.caregiver.va.gov/>
- **Family Care Alliance:** Connects caregivers with online and in-person support groups: <https://www.caregiver.org/>
- **The Arc:** Provides support groups for families caring for loved ones with intellectual and developmental disabilities: <https://thearc.org/>
- **Alzheimer's Association:** Offers support groups specifically for caregivers of people with dementia: <https://www.alz.org/>
- **National Alliance on Mental Illness (NAMI):** Hosts support groups for families dealing with mental illness: <https://www.nami.org/Home>

Professional Resources:

- **Aging Life Care Association:** Connects families with geriatric care managers who can provide personalized guidance: <https://www.aginglifecare.org/>
- **Eldercare Locator:** Helps families find local resources and services: https://eldercare.acl.gov/Public/About/Aging_Network/Services.aspx
- **AARP Caregiving Resource Center:** Offers information and tools for family caregivers: <https://www.aarp.org/caregiving/>
- **National Center for Caregiving:** Provides research and resources on caregiving issues: <https://www.caregiver.org/>
- **Medicare.gov:** Offers information on Medicare benefits and resources for long-term care: <https://www.medicare.gov/>

Helpful Websites:

- **CaringBridge:** Secure online platform to connect with family and friends about caregiving: <https://www.caringbridge.org/>
- **Lotsa Helping Hands:** App to coordinate caregiving tasks and support among family members: <https://caregiver.lotsahelpinghands.com/signin/>
- **Caring Village:** Website to connect with neighbors and volunteers who can provide support with caregiving: <https://caringvillage.com/>
- **National Institute on Aging:** Offers research-based information on aging and caregiving: <https://www.nia.nih.gov/>
- **Eldercare Assistance Guide:** Resource guide for navigating elder care options: <https://elderguide.com/>