

Invitational Symposium Washington, DC, January 2008

State of the Science: NURSES AND SOCIAL WORKERS SUPPORTING FAMILY CAREGIVERS

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PRACTICAL TOOLS AND RESOURCES FOR CAREGIVERS









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PRACTICAL TOOLS AND RESOURCES FOR CAREGIVERS

Key to types of tools/resources:

-  A: Audio
-  C: CD-ROM
-  DB: Database
-  IA: Interactive
-  O: Online information
-  P: Publication, hard and downloadable copies.
Includes brochures, fact sheets, pamphlets and guides
-  V: Video/DVD
-  Other: Activity, Class, Workshop, Program

Name/Description	Source	Type	Website
The website provided for each tool/resource is the home page of the organization offering the resource.			
1. General Information & Guides for Caregivers of Older Adults			
<i>General Caregiving</i>			
Caregiving Fact Sheets. More than 100 publications offering straightforward information on caregiving, legal issues and health conditions. Many offered in Spanish and Chinese.	Family Caregiver Alliance	O, P	http://www.caregiver.org/
Family Care Navigator. A comprehensive online guide to help families in all 50 states and the District of Columbia locate government, nonprofit, and private caregiver support programs and resources for older or disabled adults in their communities. It includes eligibility criteria and contact information for each program.	Family Caregiver Alliance	DB, O	http://www.caregiver.org/
Update. An award-winning newsletter, featuring national, state and local news and caregiving advice for families, policy makers, providers, program developers. Available online.	Family Caregiver Alliance	O	http://www.caregiver.org/

Name/Description	Source	Type	Website
12 Tips for Caregivers. Series of booklets on caregiving and Alzheimer’s disease, cancer, disability, mental illness, caregiving across the life span, caregiving in rural communities, and providing intergenerational caregiving. Can be downloaded or purchased.	Rosalynn Carter Institute for Caregiving	P	http://www.rosalynncarter.org
A Guide for Caregivers. Covers practical decisions, emotional support, and resources. Also available in Spanish.	National Multiple Sclerosis Society	P	http://www.nationalmssociety.org
AGIS. Website offers information on eldercare, long-term care and caregiving. Topics include planning for and providing care, self-care, work and eldercare, connecting with others, finding facilities and services, and organizing support/caregiving networks.	AGIS Network, Inc.	O	http://www.agis.com
AgingCare.com. Online community of support, assists caregivers in making informed choices for the elderly. Website includes articles, active forums, ask the expert and other features.	AgingCare.com - The Community of Caregivers	O	http://www.agingcare.com
Because We Care. Guide for those caring for an older family member, adult child with disabilities, or older friend.	National Family Caregiver Support Program Resource Room, U.S. Administration on Aging	P	http://www.aoa.gov
Caregiver.com. Newsletter, online discussion lists, caregiver support groups, chat rooms and an online store. <i>Today’s Caregiver Magazine.</i>	Caregiver Media Group	O	http://www.caregiver.com
Caregiver Resource Directory. (2007). Practical guide with resources, facts, and advice about caring for a loved one as well as the caregiver. Topics include caregiver self-care; day-to-day, financial, communication, and end-of-life information; and specific information on caring for patients with AIDS, ALS, cancer, and sickle cell disease. Online and print versions available.	Beth Israel Family Caregiver Program and Net of Care	IA, P	http://www.netofcare.org
Caregiver Survival Tips. Simple ten-step approach to aid caregivers. Brochure includes resources and links to help caregivers access additional information. Resources also available in Spanish, Chinese and Russian.	National Family Caregiver Support Program Resource Room, U.S. Administration on Aging	P	http://www.aoa.gov
Caregiver’s Handbook: A Guide to Caring for the Ill, Elderly, or Disabled... and Yourself. Information on putting together a caregiving plan, talking to your loved one about the situation, drawing on resources in the community, and addressing legal, medical, and financial planning issues. Includes questionnaire to help assess the needs of the care recipient and provides advice regarding caregiver self-care and on handling daily tasks, such as meals and hygiene.	Harvard Health Publications	P	http://www.health.harvard.edu

Name/Description	Source	Type	Website
Caregiver's Friend: Sensitive Conversations. Multimedia online program teaches effective communication skills. Discusses problem-solving processes specific to caring for an older relative.	Oregon Center for Applied Science (available through HealthComm Interactive)	C, O, V	http://www.orcasinc.com/ http://www.hcmarketplace.com/
Caring.com. Practical information, tools and support for caregivers. Newsletter.	Caring.com	O	http://www.caring.com
Caring, Assistance, Resources, and Education (CAREgivinghelp). Educational modules on day-to-day care, self-care, and lists of resources.	Council for Jewish Elderly, Chicago	A, O, V	http://www.caregivinghelp.org
Caring for an Aging Loved One. Information about recognizing the need for care and finding appropriate services.	MetLife	O	http://www.metlife.com
Caring Today Magazine. Useful advice and how-to articles on a range of caregiving topics.	Caring Today Magazine, LLC	O, P	http://www.caringtoday.com
Eldercare at Home. An online and print guide for family caregivers. Includes information about caregiving, physical problems, mental/social problems, and managing care.	American Geriatrics Society Foundation for Health in Aging	O, P	http://www.healthinaging.org
eXtension - Family Caregiving Resource Area. Website includes, <i>Ask the Expert</i> and <i>Audio News</i> sections and other articles focused on family caregivers.	eXtension	A, IA, O	http://www.extension.org
Family Caregiving 101. Tools, skills and information for caregivers. Includes resources from many National Alliance for Caregiving partners.	National Alliance for Caregiving National Family Caregivers Association	O	http://www.familycaregiving101.org
Family Caregiving Program. Nine-module course for caregivers. Call local chapter for information.	American Red Cross	P, V, Other	http://www.redcross.org
Geriatric Video Productions. DVDs/Videos on several topics relating to older adults.	Geriatric Video Productions	V	https://www.geriatricvideo.com
Healthology Video Library: Caregiving. Videos and articles about caregiving, Alzheimer's disease and other conditions.	New York Online Access to Health	O, V	http://noah.healthology.com
LifeView Resources. Videos on caregiving, long-term care and specific health issues. Some titles are: <i>The Educated Caregiver</i> , <i>The Family Guide to Alzheimer's Disease</i> , and <i>The Family Guide to Long-Term Care</i> .	LifeView Resources	V	http://www.lifeviewresources.com

Name/Description	Source	Type	Website
MedLinePlus. Website with articles and links to information regarding a variety of health and long-term care issues, including caregiving and home care.	National Library of Medicine National Institutes of Health	O	http://www.medlineplus.gov
Prepare to Care - A Planning Guide for Families. Booklet with five steps to planning the care of an older family member and tools for each step: Prepare to Talk, Form Your Team, Assess Needs, Make a Plan, Take Action.	AARP Foundation	P	http://www.aarp.org
Since You Care. Guides and other publications provide practical suggestions and useful tools on a variety of care-related subjects.	MetLife Mature Market Institute National Alliance for Caregiving	P	http://www.metlife.com
Strength for Caring. Information for family caregivers, including an online caregiving manual with articles from several sources and extensive information on hands-on care.	Johnson & Johnson	O	http://www.strengthforcaring.com
Terra Nova Films. Videos on aging.	Terra Nova Films	V	http://www.terranova.org
Video Press. DVD/Video topics include Alzheimer's disease, care of the elderly, family caregiver, and end-of-life issues.	University of Maryland School of Medicine	V	http://www.videopress.umaryland.edu/index.html
Long Distance Caregiving			
Handbook for Long Distance Caregivers: An Essential Guide for Families and Friends Caring for Ill or Elderly Loved Ones. Offers a roadmap for those new to the challenges of caring from afar for ill or elderly loved ones. Includes information about how to assess your care situation, develop a care team, hold a family meeting, access community organizations and private agencies, and balance work and caregiving.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Caring from a Distance. Information to support long-distance caregivers.	Caring from a Distance	O	http://www.cfad.org
So Far Away: Twenty Questions for Long Distance Caregivers. Explains issues unique to long-distance caregiving.	National Institute on Aging	P	http://www.niapublications.org
Resource Directories			
Family Care Navigator. A comprehensive online guide to help families in all 50 states and the District of Columbia locate government, nonprofit, and private caregiver support programs and resources for older or disabled adults in their communities. It includes eligibility criteria and contact information for each program.	Family Caregiver Alliance	DB, O	http://www.caregiver.org

Name/Description	Source	Type	Website
Caregiving Resources. Links to national organizations focused on caregiving.	National Institute on Aging	O	http://www.niapublications.org
Family Care Resource Clearinghouse. Provides reviews and ratings of videos, websites, and other materials on caregiving.	National Alliance for Caregiving	DB	http://www.caregiving.org
Resources for Caregivers. (2007 Edition). Provides contact information of national associations and organizations focusing on caregiving. Also offers an annotated list of caregiver-related books, videos and Web sites.	MetLife National Alliance on Caregiving National Association of Area Agencies on Aging (n4a)	DB	http://www.caregiving.org
The Resource Directory for Older Persons. (2001) Offers information on organizations and programs for older adults.	U.S. Administration on Aging	DB	http://www.aoa.gov

2. General Information and Guides for Caregivers of Older Adults with Alzheimer's Disease and other Dementias

Alzheimer's Disease. Fact sheet offers an overview of Alzheimer's disease (symptoms, progression, diagnosis and treatment). Includes section with specific information and tips for Alzheimer's caregivers.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Dementia—Is This Dementia and What Does It Mean? Fact sheet discusses the different types of dementia and gives brief descriptions. Includes section with specific information for caregivers of people with dementia.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Early Alzheimer's Disease. Fact sheet offers information on early-stage Alzheimer's disease and discusses issues specific to early-stage patients and their caregivers, such as early diagnosis, transitions and planning ahead.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Alzheimer's Disease Caregiver and Patient Resource List. Books, newsletters, booklets. Includes section with resources specifically targeted to children and teenagers	Alzheimer's Disease Education and Referral (ADEAR) Center, National Institute on Aging	O	http://www.nia.nih.gov/Alzheimers
Alzheimer Video: An Annotated Guide. (2003). Profiles over 400 videos, with indices by subject, audience, and length. Subject areas include care for the caregiver and caregiver stress, as well as day-to-day patient care.	Alzheimer's Association	O, P, V	http://www.alz.org

Name/Description	Source	Type	Website
AlzOnline - Caregiver Support Online. Multiple publications about many aspects of caregiving; audio courses on <i>Caregiving Basics and Conversations with Those Who Care</i> ; and online videos for Alzheimer's caregivers (<i>So What Now? Warning Signs and Diagnosis, Being a Caregiver, How Safe is Safe?, Everyday Events: Bathing, Dressing, Mealtimes, Behavior Is Communication, Comfort Care in the Later Stages</i>).	University of Florida	A, P, V	http://alzonline.php.ufl.edu
CareFinder. Online tool allows user to enter information about specific needs and get a list of care recommendations and questions to ask care providers.	Alzheimer's Association	IA	http://www.alz.org/carefinder/index.asp
Caregiver Guide. A guide with tips for caregivers of people with Alzheimer's disease. Information also available in Spanish.	Alzheimer's Disease Education and Referral (ADEAR) Center, National Institute on Aging	O, P	http://www.nia.nih.gov/Alzheimers
Caregiver Guides. (Updated 2004). Publications, audio, video/DVD, websites, books, CDs.	Alzheimer's Association	O	http://www.alz.org
Caregiver Notebook. Reference to help caregivers manage care.	Alzheimer's Association	P	http://www.alz.org
Caregiver's Friend: Dealing with Dementia. Multimedia online program designed to support family caregivers with information and useful tips. Covers topics such as handling difficult situations and coping with emotions.	Oregon Center for Applied Science (available through HealthComm Interactive)	C, O, V	http://www.orcasinc.com/ http://www.hcmarketplace.com/
Caregiving 101. Free family caregiver training resource list and publications, CD-ROMS for purchase, and information on local trainings and workshops.	Alzheimer's Association	C, IA, P	http://www.alz.org
CareSource. Links to organizations and information on finding senior housing, coordinating help from family and friends, understanding care options, connecting with others online, and learning caregiving skills.	Alzheimer's Association	O	http://www.alz.org
Care Topics. Publications on many aspects of Alzheimer's disease, daily living, caring for the care recipient and self-care for the caregiver.	Alzheimer's Association	DB, P	http://www.alz.org
Caring for Someone with Alzheimer's. Text and brief online videos on home care, residential care, safety issues, caregiver support, and frequently asked questions.	National Institutes of Health-Senior Health	O, V	http://nihseniorhealth.gov
Home Safety for People with Alzheimer's Disease. A guide with information about all issues related to safety in the home for people with Alzheimer's disease. Information also available in Spanish.	Alzheimer's Disease Education and Referral (ADEAR) Center, National Institute on Aging	O, P	http://www.nia.nih.gov/Alzheimers

Name/Description	Source	Type	Website
Mayo Clinic Alzheimer's Center. Caregiver topics include daily routines and self-care.	Mayo Clinic	O	http://www.mayoclinic.com
MedLinePlus: Alzheimer's Caregivers. Website with articles and links to information regarding Alzheimer's disease and caregiving. Some materials are available in Spanish.	National Library of Medicine, National Institutes of Health	O	http://www.nlm.nih.gov/medlineplus
Partnering with Your Doctor: A Guide for Persons with Memory Loss and Their Care Partners. Helps individuals with memory loss and their caregivers improve how they work with their doctor. Also available in Spanish.	Alzheimer's Association	P, Other	http://www.alz.org
3. Self-Care for Caregivers			
Caregiving and Depression. Fact sheet discusses depression and how it affects the vulnerable population of caregivers. Helps caregivers recognize the symptoms of depression and offers resources for its prevention and treatment.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Taking Care of You. Fact sheet discusses the effects of caregiving on caregivers' own health. Offers suggestions and specific tools on how to successfully manage caregiving duties and the stress associated with them.	Family Caregiver Alliance	O, P	http://www.caregiver.org
TeleCaregiving Workshop Audio Archive. Teleconferences on a variety of topics focused on helping caregivers, such as <i>Caring Together!</i> , <i>Practical Tips for Sharing Caregiving Responsibilities with Your Siblings and Other Family Members</i> , and <i>Keeping Away the Caregiver Blues</i> .	Family Caregiver Alliance	A	http://www.caregiver.org
Caregiver Self-Assessment Questionnaire. Helps caregivers analyze their own behavior and health risks and, with their physician's help, make decisions that will benefit both the caregiver and the care receiver. Also available in Spanish.	American Medical Association	P	http://www.ama-assn.org
Caregiving.com. Website with information and support for family and professional caregivers.	Tad Publishing Company	O	http://www.caregiving.com
Coping with Emotions and Stress Resource List. Books, guides, brochures, audio, video.	Alzheimer's Disease Education and Referral (ADEAR) Center, National Institute on Aging	DB, O	http://www.nia.nih.gov

Name/Description	Source	Type	Website
Elder Care Online. Internet community for caregivers of older adults.	Prism Innovations, Inc.	O	http://ec-online.net
Telephone Learning Series. Free sessions over the phone where caregivers can listen to experts on caregiving and aging, and they can ask questions. Handouts are available online and through the mail.	Rosalynn Carter Institute for Caregiving	IA	http://www.rosalynncarter.org
The Thoughtful Caregiver. Writings for caregivers.	Website by James E. Miller	O	http://thoughtful-caregiver.com
Respite			
National Respite Locator Service. Assists families and professionals locate respite services in their state and local area.	Chapel Hill Training-Outreach Program	IA	http://www.respitelocator.org
Respite Services: Enhancing the Quality of Daily Life for Caregivers and Care Receivers. Booklet to help family caregivers better assess their abilities and circumstances and find appropriate help and support.	Dale Lund, PhD, University of Utah	P	http://aging.utah.edu
4. Daily Care			
Communication and Practical Skills			
Practical Skills Training for Family Caregivers. An overview of the day-to-day, hands-on strategies and skills caregivers need to maintain a frail older or chronically ill individual at home.	Family Caregiver Alliance	P	www.caregiver.org
TeleCaregiving Workshop Audio Archive. Teleconferences on a variety of topics focused on helping caregivers, such as <i>Caring Together!</i> , <i>Practical Tips for Sharing Caregiving Responsibilities with Your Siblings and Other Family Members</i> , and <i>Keeping Away the Caregiver Blues</i> .	Family Caregiver Alliance	A	http://www.caregiver.org
Caregiver's Friend: Sensitive Conversations. Multimedia online program teaches effective communication skills and guides people through problem-solving processes specific to caring for an older relative.	Oregon Center for Applied Science (available through HealthComm Interactive)	C, O, V	http://www.orcasinc.com/ http://www.hcimarketplace.com/
Managing Communication and Behavior Resource List. Books, videos/DVDs, manuals, brochures, guides, fact sheets.	Alzheimer's Disease Education and Referral (ADEAR) Center, National Institute on Aging	O	http://www.nia.nih.gov

Name/Description	Source	Type	Website
Watch & Do by ElderStay @ home. DVDs and companion booklets demonstrate basic, intermediate and home caregiving skills. Available for purchase.	ElderStay @ home	V	http://www.elderstayathome.com
Discharge Planning			
A Family Caregiver's Guide to Hospital Discharge Planning (Also available in Spanish) and Hospital Discharge Planning: Helping Family Caregivers. Guides for going through the hospital discharge planning process.	MetLife National Alliance for Caregiving United Hospital Fund	P	http://www.caregiving.org
After The Hospital: What's Next? Planning post-discharge care for elderly persons who have been hospitalized.	Terra Nova Films	V	http://www.terranova.org
Finding a Service Provider			
Family Care Navigator. A comprehensive online guide to help families in all 50 states and the District of Columbia locate government, nonprofit, and private caregiver support programs and resources for older or disabled adults in their communities. It includes eligibility criteria and contact information for each program.	Family Caregiver Alliance	DB, O	http://www.caregiver.org/
CareGiverHelper. Free online service to help families communicate, organize and find resources to support parents or care recipients.	Caregiver Helper, Inc.	O	http://caregiverhelper.com
CarePilot.com. Online guide to home health care allows user to search for local service providers. Requires registration.	CarePilot	O	http://www.carepilot.com
ElderCarelink. Free referral service to community services for older adults.	ElderCarelink	O	http://www.eldercarelink.com
Eldercare Locator. Provides links to state and local Area Agencies on Aging and community-based organizations that serve older adults and caregivers.	U.S. Administration on Aging	O	http://www.eldercare.gov/
Respite			
National Respite Locator Service. Assists families and professionals locate respite services in their state and local area.	Chapel Hill Training-Outreach Program	IA	http://www.respitelocator.org
Respite Services: Enhancing the Quality of Daily Life for Caregivers and Care Receivers. Booklet to help family caregivers better assess their abilities and circumstances and find appropriate help and support.	Dale Lund, PhD, University of Utah	P	http://aging.utah.edu

Name/Description	Source	Type	Website
Driving			
Dementia and Driving. Fact sheet discusses the many issues around dementia and older drivers. Includes tips on how to monitor driving skills of older drivers, strategies to reduce the need for driving and last resort techniques.	Family Caregiver Alliance	O, P	http://www.caregiver.org
At the Crossroads: A Guide to Alzheimer's Disease, Dementia & Driving. Website and brochure. Guide to help people with dementia and their families prolong independence while encouraging safe driving. Provides suggestions for monitoring, limiting, and stopping driving.	The Hartford Insurance Company	O, P	http://www.thehartford.com
CarFit: Helping Mature Drivers Find Their Perfect Fit. Assessment driving tool for older drivers.	Senior Drivers	Other	http://www.seniordrivers.org
Driver Safety Program. In-person and online courses and other materials.	AARP	IA, O, P	http://www.aarp.org
How to Help an Older Driver, The Older and Wiser Driver, Drivers 55+: Test Your Own Performance, Flexibility Fitness Training for Improving Older Driver Performance, Getting Around: Alternatives for Seniors Who No Longer Drive. Materials for older drivers.	American Automobile Association Foundation for Traffic Safety	P, V	http://www.aaafoundation.org
Mature Drivers. Information, tools, and resources for senior drivers.	American Automobile Association Exchange	IA, O, P	http://www.aaaexchange.com
National Center for Senior Transportation. Information on driving safety and transportation options.	Easter Seals National Association of Area Agencies on Aging (n4a)	O	http://seniortransportation.easterseals.com
Older Driver Program. Wide range of printed materials that focus on the impact of medications and particular diseases on driving.	National Transportation and Safety Administration	P	http://www.nhtsa.gov
Roadwise Review. Allows older adults to measure the eight functional abilities shown to be the strongest predictors of crash risk among older drivers.	American Automobile Association Exchange	C	http://www.aaaexchange.com
Transportation Solutions for Caregivers Toolkit. Booklet and video on transportation services and options for caregivers. Booklet also available in Spanish.	Easter Seals	P, V	http://www.easterseals.com
We Need to Talk... Family Conversations with Older Drivers. Information to help families initiate productive and caring conversations with older adults about driving safety.	The Hartford Insurance Company	O, P, Other	http://www.thehartford.com

 A: Audio  C: CD-ROM  DB: Database  IA: Interactive  O: Online information  P: Publication, hard and downloadable copies. Includes brochures, fact sheets, pamphlets and guides  V: Video/DVD  Other: Activity, Class, Workshop, Program

Name/Description	Source	Type	Website
<p>When You Are Concerned: A handbook for families, friends and caregivers worried about the safety of an aging driver. Suggestions on how to initiate communication on driving when concerned with the safety and driving skills of an older driver</p>	New York State Office for the Aging	P	http://www.aging.ny.gov/
<p>When to Yield: Questions and Answers About Dementia and Driving. Discusses difficult decisions involved with dementia and driving and suggests approaches, including a sample <i>safe driving agreement</i>, for dealing with this issue.</p>	Virginia Department for the Aging National Association of Area Agencies on Aging (n4a)	P	http://www.vda.virginia.gov http://www.n4a.org
Organizing Care Online			
<p>CaringBridge. Allows users to create free personalized websites that support and connect family members and friends during a critical illness, treatment and recovery.</p>	CaringBridge	O	http://www.caringbridge.org
<p>eHope. Suggestions on how to organize friends, family, and others to help with end-of-life care. Offers ideas in setting up personal networks and provides online communication tools.</p>	eHope	O	http://ehope.nu
<p>Lotsa Helping Hands. An online volunteer coordination service for friends, family, colleagues, and neighbors to assist older adults in need. Offers a private group calendar to organize meal deliveries, rides, and other caregiving tasks for a loved one.</p>	Lotsa Helping Hands	IA, O	http://www.lotsahelpinghands.com
<p>Patient/Partner Project. Online tool for keeping family and friends up to date on a loved one's illness.</p>	Patient/Partner Project	IA, O	http://www.thepatientpartnerproject.org
<p>Share The Care. Organizes friends and family to help with caregiving. Offers websites, books, central medical file.</p>	Share The Care	IA, O, P	www.sharethecare.org
5. Planning/Legal/Financial Issues			
Public Benefits			
<p>7 Tips to Help You Help Your Parent with Medicare Part D Prescription Drug Coverage. Brief guide to talking with parents about Medicare Part D, long-term care, and caregiving.</p>	ECI Health Care Centers for Medicare and Medicaid Services (CMS)	P	http://www.ecihealthcare.com
<p>BenefitsCheckUp. An online service to help older adults and their families determine their eligibility for and enroll in federal, state, local and private benefit programs, including Medicare and Medicaid.</p>	National Council on Aging	IA, O	http://www.benefitscheckup.org

Name/Description	Source	Type	Website
<p>Medicare. Medicare is a government health insurance program for adults age 65 and older, some people under age 65 with disabilities, and people with End-Stage Renal disease:</p> <ul style="list-style-type: none"> • Part A covers hospital costs as well as limited skilled nursing, home health and hospice care, without a monthly premium. • Part B covers medical costs, such as doctor’s visits and outpatient care, to those who pay a monthly premium. • Part D includes limited prescription drug coverage through private insurance companies for those who choose to pay a monthly premium. 	Centers for Medicare and Medicaid Services (CMS)	O, P	http://www.medicare.gov
<p>Medicare Basics - A Guide for Family and Friends of People with Medicare. Provides information in eight Medicare decision areas and offers resources for finding more details.</p>	Centers for Medicare and Medicaid Services (CMS)	P	http://www.aoa.gov
<p>Medicare Interactive. One-stop source for information about health care rights, options and benefits. Has 4 tools: MI Counselor, University, Local Services, Community. MI Counselor has separate section on Medicare Advice for Caregivers.</p>	Medicare Rights Center	IA, O, P	http://www.medicareinteractive.org
<p>MyMedicare. Secure online service for accessing your Medicare information. Long-term care planning tools provide individual assessment and projections of long-term care services use, as well as local resources. Other search tools provide comparisons of local nursing homes, home health agencies, and hospitals.</p>	Centers for Medicare and Medicaid Services (CMS)	IA, O, P	http://my.medicare.gov
Emergency Preparedness			
<p>Just in Case: Emergency Readiness for Older Adults and Caregivers. Resources that address issues specific to emergency preparation for older adults and caregivers. Resources include fact sheets, a video and a presenter’s guide.</p>	Aging in Stride Prepared by the U.S. Administration on Aging’s National Family Caregiver Support Program and Caresoure Healthcare Communications, Inc.	O, P, V	http://www.aginginstride.org
Legal and Financial Planning			
<p>Legal Issues in Planning for Incapacity. Fact sheet discusses the many legal and financial questions that arise as a result of a diagnosis of dementia or other disabling conditions. Offers definitions of legal terms, legal resources and summarizes options available for paying for long-term care.</p>	Family Caregiver Alliance	O, P	http://www.caregiver.org

Name/Description	Source	Type	Website
American Bar Association (ABA) - Commission on Law & Aging. Provides an online guide to finding legal services in each state, including lawyer referral, court information, state laws and legal rights.	American Bar Association (ABA), Commission on Law & Aging	P, V	http://www.abanet.org
Financial Steps for Caregivers. Information on money management, retirement, and caregiving.	Women's Institute for a Secure Retirement (WISER)	O	http://www.wiserwomen.org
Long-Term Care Planning			
Aging Parents and Common Sense - A Practical Guide for You and Your Parents. (2006). Information to help plan for aging parents' care.	National Alliance for Caregiving, AXA Consumer Insight Series	P	http://www.caregiving.org
Guide to Long-term Care. Topics include: Thinking Ahead; Staying in Your Home; Choosing Where to Live; How Much Will it Cost?	AARP	O	http://www.aarp.org/families
Own Your Future Planning Kit. Information about practical steps for planning ahead for long-term care needs.	National Clearinghouse for Long-Term Care	O, P	http://www.longtermcare.gov
Advance Directives/Advance Care Planning			
Advance Directive Toolkit. A variety of self-help worksheets, suggestions, and resources to help in making decisions about end-of-life care.	American Bar Association (ABA), Commission on Law & Aging	P	http://www.abanet.org
Caring Conversations Workbook. A practical guide for making your medical wishes known when seriously ill or at the end of life.	Center for Practical Bioethics	P	http://www.practicalbioethics.org
Go Wish Game. A card activity/game that provides an entertaining way to think and talk about what's important to you if you become seriously ill.	The Coda Alliance	Other	http://codaalliance.org
6. Living Arrangements			
Ability Hub - Assistive Technology Solutions. Information on adaptive equipment and alternative methods available for accessing computers.	Ability Hub	O	http://www.abilityhub.com
ABLEDATA. Provides information on assistive technology and rehabilitation equipment, including how to find and purchase it. Also offers an online forum for consumers, caregivers and others to submit and read reviews of products and classified ads of equipment for sale.	ABLEDATA for the National Institute on Disability and Rehabilitation Research (NIDRR)	DB	http://www.abledata.com

Name/Description	Source	Type	Website
Guides to Nursing Home Issues and Problem Resolution. Discusses common problems residents face in a nursing home, then gives an explanation of the relevant law, along with instructions on how a resident, family member or advocate should proceed.	National Senior Citizens Law Center	P	http://www.nslc.org/publications
National Shared Housing Resource Center. National clearinghouse and state-by-state program directory for shared housing.	National Shared Housing Resource Center	DB, O	http://www.nationalsharedhousing.org
Nursing Home Compare. An online government resource that provides information about the past performance of every Medicare and Medicaid certified nursing home in the country.	Centers for Medicare and Medicaid services (CMS)	DB, O	http://www.medicare.gov
SNAPforSeniors. Online resource provides information and tools to make decisions about senior housing, including a database of licensed senior housing and independent living communities in the U.S.	SNAPforSeniors, Inc.	DB, O	http://www.snapforseniors.com
7. End-of-Life Care			
End-of-Life Choices Fact Sheets: CPR & DNR; Feeding Tubes and Ventilators; Holding on and Letting Go; Decision Making. Provide information on the decisions that need to be made and the issues and emotions that caregivers face when caring for someone at the end of his or her life.	Family Caregiver Alliance	O, P	http://www.caregiver.org
Caring for Someone. Information on all aspects of caregiving, including physical care, comfort care, and caregiver self-care. Information available online and in print.	National Hospice and Palliative Care Organization	O, P	http://www.caringinfo.org/CaringForSomeone
Complete Life Series. Series of five booklets on preparing for and coping with end-of-life issues.	National Family Caregiver Support Program Resource Room, U.S. Administration on Aging	P	http://www.aoa.gov
eHope. Suggestions on how to organize friends, family, and others to help with end-of-life care. Offers ideas in setting up personal networks and provides online communication tools.	eHope	O	http://ehope.nu

Name/Description	Source	Type	Website
8. Websites of Major Federal Government Programs			
Alzheimer's Disease Education and Referral Center (ADEAR). Comprehensive information and resources for Alzheimer's Disease.	National Institute on Aging		http://www.nia.nih.gov/alzheimers
Centers for Medicare and Medicaid Services. Caregiver Partnerships and Caregiver Workgroup. Workgroup consists of caregiver organizations, beneficiary advocacy groups, providers, insurers, employers, and other organizations with an interest in caregiving. This group meets quarterly and discusses how Medicare information can better be communicated to this population and what the members of this group can do to make that happen.	Centers for Medicare and Medicaid Services (CMS)		http://www.cms.hhs.gov
Medicare. Medicare is a government health insurance program for adults age 65 and older, some people under age 65 with disabilities, and people with End-Stage Renal disease: <ul style="list-style-type: none"> • Part A covers hospital costs as well as limited skilled nursing, home health and hospice care, without a monthly premium. • Part B covers medical costs, such as doctor's visits and outpatient care, to those who pay a monthly premium. • Part D includes limited prescription drug coverage through private insurance companies for those who choose to pay a monthly premium. 	Centers for Medicare and Medicaid Services (CMS)		http://www.medicare.gov
National Clearinghouse for Long-Term Care Information. Information on understanding, planning for, and paying for long-term care.	National Clearinghouse for Long-Term Care		http://www.longtermcare.gov
National Family Caregivers Support Program (NFCSP). Comprehensive information and resources for elders and caregivers. Topics include Help! Where to Find It, Taking Care of Others, Taking Care of You, Coping with Your Caregiver Role, Support Groups, Caregiver Voices.	U.S. Administration on Aging		http://www.aoa.gov
The National Women's Health Information Center - Caregiving. Information on caregiver stress, publications, and organizations.	National Women's Health Information Center, U.S. Department of Health and Human Services		http://www.womenshealth.gov

Name/Description	Source	Type	Website
9. National Organizations with a Focus on Caregiving for Older Adults			
<p>Family Caregiver Alliance/ National Center on Caregiving. Central source of information for caregivers, families, providers, media, and policy makers. Services include over 100 fact sheets on caregiving issues and strategies, health conditions, legal issues, and statistics and demographics, many available in Spanish and Chinese; online discussion groups; telecaregiving education audio archive with downloadable workbooks; caregiver retreats; research and policy studies/reports; consumer and policy newsletters; and toolkits and training manuals for professionals.</p>	Family Caregiver Alliance/ National Center on Caregiving		http://www.caregiver.org
<p>Children of Aging Parents. An online support group for adults caring for their parents or other relatives. Also provides a list of in-person support groups in different states.</p>	Children of Aging Parents		http://www.caps4caregivers.org
<p>International Longevity Center. Nonprofit organization focuses on research, policy and education. Formed to educate individuals on how to live longer and better, and to advise society on how to maximize the benefits of today's age boom.</p>	International Longevity Center (ILC)		http://www.ilcusa.org
<p>National Alliance for Caregiving. Coalition of organizations focused on family caregiving issues. Conducts research, policy analysis and develops programs to increase public awareness of family caregiving issues.</p>	National Alliance for Caregiving		http://www.caregiving.org
<p>National Family Caregivers Association. Membership organization for family caregivers. Supports family caregivers through education, information and referral services, and advocacy.</p>	National Family Caregivers Association		http://www.nfcacares.org
<p>Paraprofessional Healthcare Institute (PHI). Promotes high quality, client - centered caregiving practices by developing recruitment, training and educational curricula for the direct - care workforce and policies necessary to support these practices.</p>	Paraprofessional Healthcare Institute (PHI)		http://phinational.org
<p>Rosalynn Carter Institute for Caregiving. Hosted by Georgia Southwestern State University and provides information on caregiver programs, education and training, a community forum, publications and current events in caregiving for family and professional caregivers.</p>	Rosalynn Carter Institute for Caregiving		http://www.rosalynncarter.org

Name/Description	Source	Type	Website
<p>Social Work Leadership Institute at the New York Academy of Medicine. National initiative supports America's older adults and their caregivers. The Institute's goals are to increase the number of social workers who specialize in aging; advance the field of aging care through research and best practices; forge multidisciplinary alliances to advocate on behalf of older adult care and relief for their caregivers; and move policy that will encourage care coordination for older adults.</p>	<p>New York Academy of Medicine (NYAM)</p>		<p>http://www.nyam.org/ http://socialworkleadership.org/nsw/index.php</p>
<p>Well Spouse Association. Nonprofit membership organization which gives support to wives, husbands, and partners of the chronically ill and/or disabled. Services include support groups, online discussion groups, mentorship program, respite weekends and newsletters.</p>	<p>Well Spouse Association</p>		<p>http://www.wellspouse.org</p>