



Family Caregiving™

AARP FAMILY CAREGIVING RESOURCES

- **Family Caregiving Site** www.aarp.org/caregiving - **Spanish** www.aarp.org/cuidar
 - **Basics** www.aarp.org/caregiving/basics
 - **Care at Home** www.aarp.org/caregiving/home-care
 - **Medical** www.aarp.org/caregiving/health
 - **Nursing Homes** www.aarp.org/nursinghomes
 - **Financial & Legal** www.aarp.org/caregiving/financial-legal
 - **Life Balance** www.aarp.org/caregiving/life-balance
 - **Community** www.aarp.org/caregivingcommunity
 - **Local Resources & Solutions** www.aarp.org/caregiving/local
 - **Stories** www.aarp.org/caregiving/stories
- **Toll-free Caregiver Helpline** 1-877-333-5885 - **Spanish** 1-888-971-2013

Books and Guides

- **Prepare to Care** www.aarp.org/preparetocare
- **Online Care Guides** www.aarp.org/careguides
- **Caregiving Books** www.aarp.org/caregivingbooks
- **State and Local Caregiving Guides** www.aarp.org/caregiverresourceguides (all states will have guides by the end of 2020)
 - **Michigan** www.aarp.org/content/dam/aarp/home-and-family/caregiving/2016/2016-08/mi-caregivers-resource-guide-aarp.pdf
 - **South Dakota** <https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2016/2016-08/sd-caregivers-resource-guide-aarp.pdf>
 - **Wisconsin** <https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2016/09/wi-caregivers-resource-guide-aarp.pdf>

Connecting with Other Caregivers

- **Facebook Family Caregivers Discussion Group**
www.facebook.com/groups/aarpfamilycaregivers
- **AARP Online Community:** www.aarp.org/caregivingcommunity

COVID-19

- **COVID-19 Information** www.aarp.org/coronavirus
- **Nursing Homes** www.aarp.org/nursinghomes
- **Nursing Home Ombudsman Locator** www.aarp.org/caregiving/health/info-2020/long-term-care-ombudsman.html
- **COVID-19 Family Caregiver Tip Sheets** aarp.org/employercaregiving

Getting Paid to Care for Family Members

- **Can I Get Paid to Be a Caregiver for a Family Member?**
<https://www.aarp.org/caregiving/financial-legal/info-2017/you-can-get-paid-as-a-family-caregiver.html>

Grief

- **AARP Grief and Loss Resources** www.aarp.org/griefandloss



Long-Distance

- **5 Key Steps to Providing Care from Afar** <https://www.aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html?intcmp=AE-CAR-CLB-R3-C1>

Military/Veterans

- **Military/Veterans Support** www.aarp.org/veterans
- **Military Caregiving Guide** (in partnership with the Elizabeth Dole Foundation) www.aarp.org/preparetocare

Tools

- **Advance Directives** www.aarp.org/advancedirectives
- **AARP Answers – Caregiving Playlist** <https://www.youtube.com/playlist?list=PLCs-cyDdbqJLIBaR1xEiiwjWJpAfOzxX>
- **AARP Caregiving Benefits Guide** <https://www.aarp.org/content/dam/aarp/caregiving/pdf/2019/mbc-caregiving-benefits-guide.pdf?intcmp=AE-CAR-CRC-LL>
- **Caregiver Glossary of Terms** <https://www.aarp.org/caregiving/basics/info-2019/caregiver-glossary.html?intcmp=AE-CAR-CRC-LL>
- **Caregiving Tips & Hacks** <https://www.aarp.org/caregiving/tips-hacks/?intcmp=AE-CAR-CRC-LL>
- **Caregiving Video Tips** <https://www.aarp.org/caregiving/tips-hacks/videos/?intcmp=AE-CAR-CRC-LL/>
- **Caregiving Webinars** www.aarp.org/learnat50plus
- **Community Resource Finder** www.communityresourcefinder.org
- **Health Tools** www.aarp.org/healthtools
- **HomeFit Guide** www.aarp.org/homefit
- **Medical Alert Systems – How to Choose** <https://www.aarp.org/caregiving/home-care/info-2017/medic-alert-systems-options.html>
- **Medical/Nursing How-to Videos** www.aarp.org/nolongeralone

Work

- **Tips for Juggling Work and Caregiving** <https://www.aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html?intcmp=AE-CAR-CLB-R3-C1>
- **Employer and Employee Caregiving Information** (includes working Veteran and Military caregivers, Employer Toolkit, Working Caregiver on-demand webinar, small business guide, COVID-19 and more.) www.aarp.org/employercaregiving

OTHER KEY RESOURCES

- **AARP's List of Caregiver Organizations** <https://www.aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html?intcmp=AE-CAR-CRC-LL>
- **ARCH Respite Locator** www.archrespite.org/respitelocator
- **Benefits Check Up** www.benefitscheckup.org
- **Eldercare Locator** www.eldercare.acl.gov or toll-free 1-800-677-1116
- **Medicare** www.medicare.gov or call toll-free 1-800-633-4227
- **Medicaid** www.medicaid.gov call toll-free 1-866-762-2237
- **National Hospice and Palliative Care Organization** www.nhpco.org
- **Road Scholar Caregiver Respite Grants** www.roadscholar.org/grants
- **Social Security** www.socialsecurity.gov toll-free 1-800-772-1213
- **SHIP - State Health Insurance Assistance Programs** www.shiptacenter.org
- **VA Caregiver Support** www.caregiver.va.gov or toll-free 1-855-260-3274