

Online Caregiver Resources

Name of Tool	Website	Description
Respite Locator	www.respitelocator.org	National site to locate respite options
National Family Caregivers Association	www.thefamilycaregiver.org	
Caregiver Action Network (Previously called National Family Caregivers Association)	http://caregiveraction.org/	Great, useful information. Patient file checklist, how to find a support group, doctor's office checklist, family caregiver forum, 40/70 Rule (Starting Difficult Conversations)..Links to other sites
Caregiver Stress	http://www.caregiverstress.com/family-communication/40-70/	Videos on the 40/70 Rule, tips for starting difficult conversations
Family Caregiver Alliance	www.caregiver.org	Tools and resources for family caregivers and a Family Care Navigator with information on services in your state.
National Alliance for Caregiving	www.caregiving.org	This organization offers research and reviews books, videos, websites, and other material to help family caregivers and professionals
Next Step in Care	http://www.nextstepincare.org	Next Step in Care provides easy-to-use guides 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.
Caregiver Self-Assessment	http://www.va.gov/GERIATRICS/Guide/LongTermCare/Shared_Decision_Making.asp	Are you a caregiver of a veteran who needs long term care? Download the Caregivers Self-Assessment to review your caregiver responsibilities and your role in providing support, evaluate your stress and well-being, and help decide next steps.
APA's Family Caregiver Briefcase for Psychologists	www.apa.org/pi/about/publications/caregivers/index.aspx	The Briefcase is a web-based resource that psychologists can use to assist family caregivers through individual and organizational practice, research, teaching, advocacy and community service. It is also useful for other professionals who work with family caregivers, psychologists facing caregiving challenges within their own families, and caregivers themselves.
Ageing Care	http://www.ageingcare.com/	On-line magazine for caregivers. Post a caregiver forum where over 6 million caregivers post questions and issues nationwide. These are answered by other

		veteran caregivers or experts in the field. Very user-friendly, with excellent, applicable articles.
Lotsa Helping Hands	www.lotsahelpinghands.com	Created by National Alliance for caregiving. Allows caregivers to coordinate calendars, appointments, etc. between family members and friends. Reminder emails can be sent to responsible parties
Revel Pittsburgh	www.revelpittsburgh.com	Local Tool. Still a work in progress, but has senior activities and events posted throughout the county. Capability for caregivers to track a care receiver's health and well-being.
American Association of Retired Persons	www.aarp.com www.aarp.org/caregiving	Provide a caregiving resource center on their overall website. This includes information about locating eldercare, housing options, legal and financial matters, and caring for the caregiver. 1-877-333-5885
Caring Today	www.caringtoday.com	Offers 'caring for yourself' guides including practical information such as 'mealtime tips', 'providing care with kids', etc. Also offers links to other national programs that focus on caregiving. Articles, insights from the other caregivers.
Eldercare Locator	www.eldercare.gov	Can search by zip code or topic to find eldercare resources in your area. Includes information about local caregiver resources. 1-800-677-1116
Strength for Caring	http://www.strengthforcaring.com/	A large number of articles on reducing caregiver stress and burden, practical tips on daily caregiving (organized by skin, bowel & bladder, health conditions, etc). Resource center on financial planning, housing options, etc.
Well Spouse Association	www.wellspouse.org	On-line resource for spousal caregivers. Contains informational videos, blogs. Also offers caregiver respite weekends throughout the United States. Have a local caregiver support group, contact: eebwellspouse@yahoo.com
ARCH National Respite Locator	http://archrespite.org/	Helps caregivers find respite resources in their area. Lists all states that received Life Span Respite grant awards.
American Red Cross Family Caregiving Series	www.redcross.org	The American Red Cross offers a Book, booklets, and DVD on practical skills for the family caregivers. Classes are also offered.
NIH Senior Health Guides	www.nihseniorhealth.gov	Fact sheets from the U.S. national Institutes of Health on a range of health topics. They can be viewed online or ordered for free. 1-800-222-2225
SAGE	www.sageusa.org/	An organization providing counseling, information, support groups and more to gay, lesbian, bisexual and transgender caregivers.
Aging with Dignity	www.agingwithdignity.org	Information and instruction on developing a living will and having conversations with family. 1-888-594-7437

For Caregivers with a Loved One with Cancer

Name of Tool	Website	Description
Help for Cancer Caregivers	http://www.helpforcancercaregivers.org/	Allows you to set up a profile, so they can send you appropriate resources. Can also browse their resources for caregivers. Covers CG overload, taking care of yourself, caring from afar
Circus of Cancer	http://circusofcancer.org/HTH-toc.html	Targeted search for different cancers – Allows you to educate yourself on different cancer diagnosis
National Hospice and Palliative Care Organization	www.nhpco.org	Free consumer information on hospice care and puts the public in direct contact with hospice programs. 1-800-658-8898

For Caregiver's of a Loved One with Alzheimer's disease

Name of Tool	Website	Description
Alzheimer's Association	http://www.alz.org/pa/ - Local website http://www.alz.org/ - National site	Offer an extensive list of CG support groups locally. Offer education opportunities for families that have a diagnosis of Alzheimer's in the family. Also offer training for professionals in Senior Care. 1-800-272-3900
Care Crossroads	http://carecrossroads.org/cms/index.php	Allows CGs to connect in on-line discussion boards and support groups. Offers expert information on Alzheimer's disease. Allows CGs to post questions and receive answers from social workers and other senior professionals.
Caring.com	www.caring.com	Helpful content, advice from experts. Offers a free guide to Alzheimer's care.

Resources for Veterans

Name of Tool	Website	Description
National Caregivers of Veterans Support Hotline	www.caregiver.va.gov	The Support Line will provide information on VA/ community caregiver support resources and “warm” referral to dedicated Caregiver Support Coordinators located in every VA Medical Center; emotional support for the caregiver will be an integral component of this service. The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010. The National Caregiver Support Line will be open Monday through Friday 8:00 a.m. to 11:00 p.m. and Saturday 10:30 a.m. to 6:00 p.m. Eastern Time. The National Caregiver Support Line Toll-Free number is 1-855-260-3274.
Guide to Long Term Care for Veterans	http://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp	Visit the Guide to Long Term Care website for information about long term care options – home and community based, and residential care – as well as listings of nursing homes for Veterans by state. The Shared Decision Making section provides valuable tools that help the older person, and the family support person, in making long term care plans and choices.
Department of Veterans Affairs	www.va.gov	Information about eligibility and benefits for veterans and their families. 1-800-827-1000