



RESOURCES

Caregiving Resources

- Aging Life Care Association (you can hire a geriatric care manager to find resources, develop care plans, complete an assessment of your aging relative): www.aginglifecare.org/
- American Association of Homes and Services for the Aged: 202-783-2242 or www.aahsa.org
- ARCH National Respite Network and Resource Center www.archrespite.org
- Assisted Living Federation of America: 703-894-1805 or www.alfa.org
- Benefits CheckUp (you can search to learn about services that may help): www.benefitscheckup.org
- Caregiver Action Network: www.caregiveraction.org/
- Center for Medicare Advocacy (helps you with Medicare appeals): www.medicareadvocacy.org
- ElderCare Locator (will refer to your local Area Agencies on Aging): 800-677-1116
- Family Caregiver Alliance www.caregiver.org
- Five Wishes (a wonderful handbook to document end-of-life care wishes): www.agingwithdignity.org
- Financial Planning Association: 800-322-4237 or www.fpanet.org/
- Medicaid: www.medicaid.gov
- Medicare: 1-800-MEDICARE (1-800-633-4227) or www.medicare.gov

Caregiving Resources

My Medicare Matters provides step-by-step help to choose a Medicare plan for the first time, reassess coverage each year during open enrollment, and answer common questions about:

- Medicare and what it covers) www.mymedicarematters.org
- National Academy of ElderLaw Attorneys: 520-881-4005 or www.naela.org
- National Adult Day Services Association: 877-745-1440 or www.nadsa.org
- National Library of Medicine (terrific research resource): www.nlm.nih.gov/
- National Association for Home Care and Hospice: 202-547-7424 or www.nahc.org
- National Hospice and Palliative Care Association www.nhpco.org/
- National Association of Senior Move Managers: 877-606-2766 or www.nasmm.org
- National Aging and Disability Transportation Center (works to increase transportation options for older adults and enhance their ability to live more independently) <http://www.nadtc.org/>
- Next Step in Care website (the website offers a range of guides and checklists —most intended for family caregivers of persons with serious illness, with some specifically for health care providers—designed to make patients' transitions between care settings smoother and safer) www.nextstepincare.org.

Caregiving Resources

- Social Security Administration: www.ssa.gov or 1-800-772-1213
- U.S. Administration of Aging: www.aoa.gov
- U.S. Department of Veterans Affairs Caregiver Support: www.caregiver.va.gov/ or (toll-free) 1-855-260-3274
- <https://prepareforyourcare.org/en/covid-19>

This is a booklet and videos to help you create all the necessary documents.

- https://get.caringboost.com/covid/?utm_source=Daughterhood&utm_medium=facebook&utm_campaign=covid&fbclid=IwAR1VER9YTr6POCQ_dgazOVNhzEMS_7bZA55VHHmUWTI-5n54XGnohHVHokrQ

Good resource for caring for someone at home, lots of medical tips.

- <https://fivewishes.org/#>

Information and guides for having end of life conversations

- https://www.ncoa.org/age-well-planner/medicare/coverage-costs/understanding-medicare-costs/learn?gclid=EA1aIQobChMIwKmvjruL9AIVzWxvBB2L1gN8EAAYASAAEgLZBfd_BwE

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Caregiving Websites

- [AARP.org/caregiving/](https://www.aarp.org/caregiving/)
- [Caring.com](https://www.caring.com)
- [Caregiver.com](https://www.caregiver.com)
- [CareYearsAcademy.com](https://www.careyearsacademy.com)
- [DailyCaring.com](https://www.dailycaring.com)
- [TheCaregiverSpace.org](https://www.thecaregiverspace.org)
- [CaregiverAction.org](https://www.caregiveraction.org)

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For each of these programs, check your state as benefits and eligibility may vary.

- VA Benefits
 - <https://www.ebenefits.va.gov/ebenefits/learn/healthcare>
 - <https://www.va.gov/health-care/family-caregiver-benefits/>
 - <https://www.va.gov/health-care/about-va-health-benefits/long-term-care/>
 - <https://www.va.gov/pension/>
 - <https://www.hsrdr.research.va.gov/news/feature/caregivers2021.cfm>
 - https://www.hsrdr.research.va.gov/research_topics/caregiving.cfm
- Medicaid
 - <https://www.medicaid.gov/medicaid/home-community-based-services/index.html>
 - <https://www.medicaid.gov/medicaid/home-community-based-services/home-community-based-services-authorities/home-community-based-services-1915c/index.html>
- Applied Self-Direction
 - <https://www.appliedselfdirection.com/>
- Social Security
 - <https://faq.ssa.gov/en-US/topic/?id=CAT-01094>

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- Database of Benefits Programs for Seniors
 - <https://benefitscheckup.org/>
- Area Agencies on Aging
 - https://eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx
- Elder Law
 - <https://www.naela.org//>
- Cost of Elder Care
 - <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>
- Support for Outside Caregivers for Respite
 - <https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>
- National Care Planning Council
 - www.longtermcarelink.net
- Long Term Care Personal Support Services Agreement
- Department of Health and Human Services, Office for Family Independence (2011)
 - www.maine.gov/dhhs/ofid/documents/LTC-Personal-Support-Agreement.pdf