**CAREGIVER’S RESOURCES**

**Healthcare:**

[**https://www.naela.org/**](https://www.naela.org/) **Find a Geriatric Care Manager**

[**https://www.ncoa.org/age-well-planner/medicare/coverage-costs/understanding-medicare-**](https://www.ncoa.org/age-well-planner/medicare/coverage-costs/understanding-medicare-)

National Library of Medicine (terrific research resource):

www.nlm.nih.gov/

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](http://www.mymedicarematters.org)

Center for Medicare Advocacy (helps you with Medicare appeals): www.medicareadvocacy.org

Medicaid:

[www.medicaid.gov](http://www.medicaid.gov)

**Legal:**

National search database for Elder Law Attorneys in your state

<https://www.naela.org/>

[Paid Family Leave Laws by State](https://www.ncsl.org/research/labor-and-employment/state-family-and-medical-leave-laws.aspx): For questions about whether you are eligible for paid family leave, this resource offers a breakdown of state laws from the National Conference of State Legislatures.

Financial Planning Association:

800-322-4237 or

[www.fpanet.org/](http://www.fpanet.org/)

**Support Services:**

ElderCare Locator: Good resources for finding what is locally available to you

https://eldercare.acl.gov/Public/Index.aspx

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/

U.S. Administration of Aging:

www.aoa.gov

<https://eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx>

[www.nia.nih.gov/aging-place-growing-older-home](http://www.nia.nih.gov/aging-place-growing-older-home)

National Adult Day Services Association:

877-745-1440 or

[www.nadsa.org](http://www.nadsa.org)

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/](http://www.aginglifecare.org/)

U.S. Administration of Aging:

[www.aoa.gov](http://www.aoa.gov)

U.S. Department of Veterans Affairs Caregiver Support:

www.caregiver.va.gov/

or (toll-free) 1-855-260-3274

Benefits CheckUp (you can search to learn about services that may help): www.benefitscheckup.org

[SAMSHA National Helpline](https://www.samhsa.gov/find-help/national-helpline): 800-662-HELP. Provides referrals to local services and is confidential, free, and available 24 hours a day in English or Spanish.

**Hospice/End of Life Planning:**

Amedisys

[**https://fivewishes.org/#**](https://fivewishes.org/)

**Information and guides for having end of life conversations**

[**https://prepareforyourcare.org/en/covid-19**](https://prepareforyourcare.org/en/covid-19)

National Association for Home Care and Hospice:

202-547-7424 or

www.nahc.org

National Hospice and Palliative Care Association
[www.nhpco.org/](http://www.nhpco.org/)

**Home:**

<https://agelab.mit.edu/home-logistics-and-services/overview/>

<https://www.techenhancedlife.com/>

<https://www.lowes.com/l/install/lowes-livable-home-services>

<https://www.getcaringboost.com>

National Association of Senior Move Managers:

877-606-2766 or [www.nasmm.org](http://www.nasmm.org)

Assisted Living Federation of America:

703-894-1805 or

www.alfa.org

**Technology:**

<https://agelab.mit.edu/home-logistics-and-services/overview/>

<https://www.techenhancedlife.com/>