**CAREGIVER’S NATIONAL 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)

National Library of Medicine (terrific research resource):

www.nlm.nih.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%22%20%5Ct%20%22_blank): For questions about whether you are eligible for paid family leave, this

**Financial:**

Financial Planning Association:

800-322-4237 or www.fpanet.org/

**Home:**

Assisted Living Federation of America:

703-894-1805 or [www.alfa.org](http://www.alfa.org)

National Association of Senior Move Managers:

877-606-2766 or www.nasmm.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

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%22%20%5Ct%20%22_blank): 800-662-HELP. Provides referrals to local services and is confidential, free, and available 24 hours a day in English or Spanish.

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

Caregiver Action Network:
www.caregiveraction.org/

Family Caregiver Alliance

www.caregiver.org

**Hospice/End of Life Planning:**

Five Wishes (a wonderful handbook to document end-of-life care wishes): www.agingwithdignity.org

[**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/)

**Technology:**

<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>

**Additional Resources**

As you research help for you and your caree, consider both help you hire and help you receive from volunteers, including:

* Meals on Wheels (delivers hot, noon-time meals)
* Telephone check-in services (can call your caree once a day to check in)
* Home health agencies (can provide home health aide to help your family member with personal care, light housekeeping, meal preparation)
* Adult day centers (your family members attend this program which provides socialization and meals)
* Neighbors (can alert you if there's a problem)
* Geriatric care managers (can provide an in-home assessment of your family member, recommend, oversee and manage services)
* Snow removal services
* Lawn maintenance services
* Cleaning services
* Grocery delivery services
* Local teenagers (who can be hired to do chores around the house)
* Local university students, including those majoring in pre-med or nursing (also can be hired to help)
* Elder law attorney (to create important documents such as a durable power of attorney for health care and finances)
* Financial planner (to help with investment decisions and care budgets)
* Pharmacist (to review current medications and answer ongoing questions you may have about medications)
* Geriatrician (a physician specializing in care for older adults)
* Personal emergency response systems (a bracelet or necklace your caree wears which can alert you and medical professionals if your caree needs help)
* Community programs (parish nurses, social service agencies, county programs may be available in your caree's town or county)
* House of worship (churches and synagogues may have programs to help)
* Family Medical Leave Act (allows you to take unpaid leave to care for a parent or spouse or child; this can be really helpful during a crisis and to manage an ongoing medical situation)
* Employee Assistance Program (your employer may have an EAP which can offer suggestions and resources to help)
* Disease-specific groups, can provide information about a disease process, support groups and referrals to help
* US Postal Service (if your caree has a long walk to get the mail, the local post office can bring mail to the door)