

CAREGIVER RESOURCE GUIDE

Embracing available resources can provide crucial relief to both caregivers and their loved ones.

Explore the resources below for valuable tools and information to support you, no matter where you are on your caregiving journey.

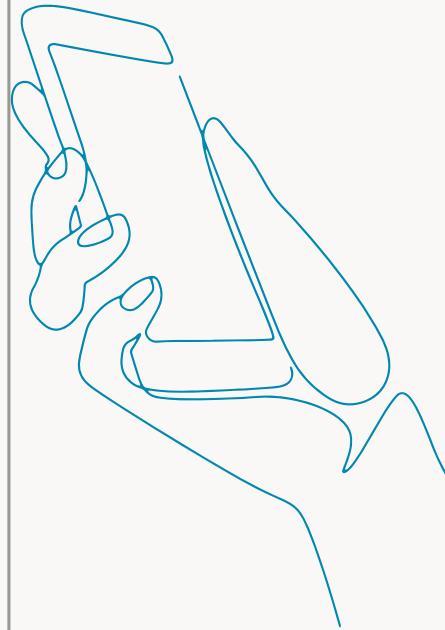
Care Navigation Tools

ALZNavigator™ is an online interactive tool that will guide you to the resources you need today and throughout each step of the disease — all in one place.

Based on the information you provide, this tool will create an action plan complete with relevant information, educational programs, and local resources to guide you when faced with new challenges.

CareNav™ is a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey.

This online portal helps you take the guesswork out of caregiving, creating a personalized dashboard that ensures you have resources relevant to your unique situation.



Caregiver Support

Alzheimer's Association 24/7 Helpline is a free service that connects callers with a live agent who can provide information, local resources, crisis assistance, and emotional support.

Zarit Burden Interview is a questionnaire that assesses burnout in caregivers and provides resources to alleviate potential burdens.



CAREGIVER RESOURCES

Caregiver Support

[Refreshment for the Caregiver's Spirit](#) offers practical tips, tools, and activities for lifting caregivers' spirits and uncovering joy through the toughest challenges. This free webinar is presented by Loretta Woodward Veney, author of [Being My Mom's Mom](#).

[Taking Care of YOU: Self-Care for Family Caregivers](#) helps caregivers understand the importance of self-care, how to identify barriers, reduce stress, seek solutions, and more.

[Lotsa Helping Hands](#) and [CaringBridge](#) are apps that allow caregivers to create a schedule to share caregiving responsibilities, making it easier for family and friends to contribute regularly.

[Mom's Meals](#) offers medically tailored meals designed by registered dietitians and professional chefs, conveniently delivered to your home. With nine condition-specific menus, this cost-effective service may be covered under a health plan or other type of benefit.

Respite Programs

Respite support offers caregivers temporary relief from their daily responsibilities, providing much-needed time to rest, recharge, and focus on their own well-being.

Whether through grants, adult day centers, or community-based support programs, respite care allows caregivers to continue their vital role while preserving their own health and peace of mind.

[Home Care Grants](#)

[Adult Day Center Locator](#)

[Eldercare Locator](#)

[National Respite Locator Service](#)

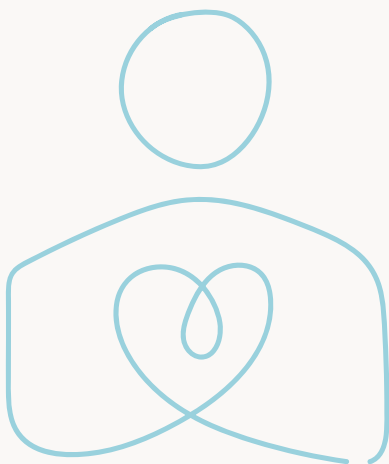
[Community Resource Finder](#)

[The National Volunteer Caregiving Network \(NVCN\)](#)

[Meals on Wheels](#)

[Area Agencies on Aging](#)

[Family and Medical Leave Act \(FMLA\)](#)



CAREGIVER RESOURCES

Family Support

Caregiving stress can take a significant toll on family relationships, often leading to tension or conflict as loved ones navigate emotionally complex situations. These resources are designed to help ease the strain, improve communication, and strengthen bonds during this challenging time.

[Resolving Family Conflicts](#) *guide*

[Family Dynamics & Dementia](#) *free webinar*

[Caregiver's Guide to Understanding Care Options](#) *free webinar*

[You Can't Do This Alone: Building a Care Team](#) *free webinar*

[Dementia, Caregiving, and Controlling Frustration](#) *blog article*

[Alzheimer's Association Holiday Guide](#) *printable fact sheet*

[Helping Kids Understand Alzheimer's and Dementia](#) *resource library*

[SAGE's National Resource Center on LGBTQ+ Aging](#) *resource library*

Online Forums

Offering invaluable support for caregivers, online forums provide a space to share experiences, exchange advice, and connect with others who understand the unique challenges of caregiving.

[ALZConnected](#)[®] is a dedicated community where people with Alzheimer's, their caregivers, and others can share answers, opinions, ideas, and support.

AgingCare facilitates an online [Caregiver Forum](#) where caregivers can share their experiences and learn from others.

[Memory People](#) is a popular Facebook group that provides a safe space for individuals with dementia and their caregivers to find connection and support.

Reddit forums like [r/dementia/](#) and [r/CaregiverSupport/](#) offer a chance to connect with fellow caregivers for support, advice, or simply a place to vent in times of need.

CAREGIVER RESOURCES

Support Groups

During challenging times, having a strong support network to lean on for advice and encouragement can foster a sense of connection, belonging, and purpose.

Family Caregiver Alliance offers [events and classes](#) designed with caregivers' needs in mind, providing support, tailored information, and tools to manage the complex demands of caregiving.

Insight Memory Care Center provides [innovative education programs and virtual resources](#) that help care partners remain confident and effective in their roles and increase awareness and understanding of the disease in the community.

The Alzheimer's Association's [ALZ Talks](#) webinars provide education, news, information, and resources on a variety of dementia and caregiving topics.

Financial Resources

Early financial planning is crucial for caregivers, offering insights into managing the costs of long-term care and preparing for future needs.

[State Health Insurance Assistance Programs \(SHIPs\)](#) provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

[Home Modification Grants](#) explore a variety of options that offer financial assistance for accessible home modifications.

[Financial Assistance for Family Caregivers](#) printable fact sheet

[Financial Guide for Senior Living](#) printable guide

[How Will We Pay for Care: Financial Considerations](#) free webinar

[Managing Money: A Caregiver's Guide to Finances](#) free webinar

[Financial and Legal Planning](#) resource library

