

# CAREGIVER RESOURCES

Midday at the Oasis  
Presented by Kelli Ham  
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## ***MedlinePlus.gov Health Topic Pages of Interest to Caregivers***

### **Caregivers**

<http://www.nlm.nih.gov/medlineplus/caregivers.html>

### **Alzheimer's Caregivers**

<http://www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html>

### **Advanced Directives**

<http://www.nlm.nih.gov/medlineplus/advancedirectives.html>

### **Assisted Living**

<http://www.nlm.nih.gov/medlineplus/assistedliving.html>

### **End of Life Issues**

<http://www.nlm.nih.gov/medlineplus/endoflifeissues.html>

### **Home Care Services**

<http://www.nlm.nih.gov/medlineplus/homecareservices.html>

### **Hospice Care**

<http://www.nlm.nih.gov/medlineplus/hospicecare.html>

### **Nursing Homes**

<http://www.nlm.nih.gov/medlineplus/nursinghomes.html>

### **Palliative Care**

<http://www.nlm.nih.gov/medlineplus/palliativecare.html>

## ***Statistics about Caregiving, Work and Finances***

**Evercare Study of Caregivers in Decline: A Close-Up Look at Health Risks of Caring for a Loved One**, National Alliance for Caregiving and Evercare, 2006

<http://www.caregiving.org/data/Caregivers%20in%20Decline%20Study-FINAL-lowres.pdf>

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### **Caregiving in the U.S**

National Alliance for Caregiving in collaboration with AARP, November 2009

[http://www.caregiving.org/data/Caregiving\\_in\\_the\\_US\\_2009\\_full\\_report.pdf](http://www.caregiving.org/data/Caregiving_in_the_US_2009_full_report.pdf)

### **Evercare Survey of the Economic Downturn and Its Impact on Family Caregiving**

National Alliance for Caregiving and Evercare, March 2009

[http://www.caregiving.org/data/EVC\\_Caregivers\\_Economy\\_Report%20FINAL\\_4-28-09.pdf](http://www.caregiving.org/data/EVC_Caregivers_Economy_Report%20FINAL_4-28-09.pdf)

### **Statistics on Family Caregivers and Family Caregiving**

This is a compilation of specific facts and figures from a variety of sources.

[http://www.thefamilycaregiver.org/who\\_are\\_family\\_caregivers/care\\_giving\\_statistics.cfm](http://www.thefamilycaregiver.org/who_are_family_caregivers/care_giving_statistics.cfm)

## ***Resources for Legal issues***

### **Family Caregiver Alliance**

Good place to start for information about advance directives, living wills, and legal issues such as LGBT caregiving situations.

<http://www.caregiver.org>

### **AGS Foundation for Health in Aging**

Well-organized and easy to use, explaining all of the issues related to choices for life sustaining treatment and much more.

[http://www.healthinaging.org/agingintheknow/chapters\\_ch\\_trial.asp?ch=4](http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=4)

### **Caring Connections**

Information about Advance Directives and links to download state-specific forms

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>

### **End of Life: Helping With Comfort and Care**

This 68-page guide discusses key issues at the end of life. Topics include finding hospice care, what happens at the time of death, managing grief, and preparing advance directives along with resources for more information. Free; also available as a PDF.

<http://www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care>

## ***Locating Services and Benefits***

### **Eldercare.gov**

The Eldercare Locator from the U.S. Administration on Aging is a directory of services for older adults. Users can find local Area Agency on Aging listings here.

<http://eldercare.gov/>

### **BenefitsCheckup.org**

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A directory of benefit programs that can help pay for medications, health care, food, utilities and other necessities.

<http://www.benefitscheckup.org/>

## ***Medicare and Medicaid Information***

### **Medicare.gov**

Medicare.gov is the primary source of information for all Medicare questions, including choosing a nursing home. The 4-minute video on the Caregivers website is worth watching:

<http://medicare.gov/caregivers/>

<http://www.medicare.gov/>

### **Medicaid.gov**

Medicaid.gov has basic information about Medicaid. For state-specific information, click on the map to drill down to information on Medicaid programs in each state.

<http://medicaid.gov/>

## ***Understanding Insurance***

### **Health Insurance Counseling and Advocacy Program (HICAP)**

HICAP is a federal program that assists people with information on Medicare, Medicare supplement insurance, managed care, long-term care planning and health insurance, and other health insurance concerns. Other states have similar services, although they may be known by other names/acronyms.

In California: [http://www.aging.ca.gov/programs/hicap\\_contacts.asp](http://www.aging.ca.gov/programs/hicap_contacts.asp)

In other states: **Directory of State Health Insurance Counseling and Assistance Plans**

[http://www.payingforseniorcare.com/longtermcare/resources/state\\_health\\_insurance\\_programs.html](http://www.payingforseniorcare.com/longtermcare/resources/state_health_insurance_programs.html)

## ***Day to Day Activities***

### **Hands-on Skills for Caregivers**

Five techniques to help caregivers take care of a loved one's physical needs.

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=787](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=787)

### **Dental Care Every Day: A Caregiver's Guide**

Illustrated, step-by-step guide for providing daily dental care such as brushing and flossing.

<http://www.nidcr.nih.gov/OralHealth/Topics/DevelopmentalDisabilities/DentalCareEveryDay.htm>

### **Lifting Techniques for Home Caregivers**

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Illustrations and instruction for proper lifting and moving techniques to prevent injury to the caregiver

<http://orthoinfo.aaos.org/topic.cfm?topic=A00096>

### **Rehabilitation Tip Sheets**

Step-by-step instructions and photo illustration for wheelchair positioning, assisted pressure relief, lifting and transfers, and swallowing strategies.

<http://www.spinalcord.uab.edu/show.asp?durki=90249>

### **Activities of Daily Living: Tips for the Family Caregiver**

Helpful information about ADL assessments to determine needed levels of care, plus useful tips for the caregiver

<http://www.seniornavigator.org/virginianavigator/DetailSN.aspx?contentId=51&.f=1>

## ***Special Situations for Caregivers***

### **Alzheimer's Disease**

#### **Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide**

This comprehensive, 136-page handbook from the National Institute on Aging offers easy-to-understand information and advice for at-home caregivers of people with Alzheimer's disease. It addresses all aspects of care, from bathing and eating to visiting the doctor and getting respite care.

<http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease>

### **ALS (Lou Gehrig's Disease)**

#### **MDA ALS Caregiver's Guide**

This comprehensive 200-page guide from the Muscular Dystrophy Association covers emotional and financial concerns, everyday care tasks and finding help for the caregiver. It addresses topics such as nutrition, breathing, communication, finances, insurance accessibility and much more. It can be ordered free of charge for family caring for ALS patient, otherwise the cost is \$15; each section is also available as a separate PDF.

<http://www.als-mda.org/publications/alscare/>

#### **So Far Away: Twenty Questions and Answers About Long-Distance Caregiving**

Using a question-and-answer format, this beautifully illustrated, 44-page booklet offers information about caregiving from afar. It explores topics such as complex family relationships, legal issues, housing options, and advance directives.

<http://www.nia.nih.gov/health/publication/so-far-away-twenty-questions-and-answers-about-long-distance-caregiving-0>

### **Caring for the Caregiver**

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This concise document from the Administration on Aging spells out the basic things caregivers need to do for themselves to stay physically and mentally healthy.

[http://www.aoa.gov/AoAroot/Press\\_Room/Products\\_Materials/fact/pdf/Taking\\_Care\\_Yourself.pdf](http://www.aoa.gov/AoAroot/Press_Room/Products_Materials/fact/pdf/Taking_Care_Yourself.pdf)

### **Resources for the Caregiver**

Nicely designed page for caregivers of people with heart disease, but information applies to caregivers in all situations. Wonderful resources, including a set of Journal pages for the caregiver.

[http://www.heart.org/HEARTORG/Caregiver/Caregiver\\_UCM\\_001103\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Caregiver/Caregiver_UCM_001103_SubHomePage.jsp)

Journal pages: [http://www.heart.org/HEARTORG/Caregiver/Rights/JournalPages/JournalPages\\_UCM\\_301751\\_Article.jsp#.TxY8XV1pD9o](http://www.heart.org/HEARTORG/Caregiver/Rights/JournalPages/JournalPages_UCM_301751_Article.jsp#.TxY8XV1pD9o)

## ***Online Support Groups***

### **Lotsa Helping Hands**

This site offers free, private websites to help organize family and friends during times of need. Features include a calendar to match offers of help to needed tasks on certain days and a messaging system to keep everyone up to date.

<http://www.lotsahelpinghands.com>

### **Daily Strength**

This online discussion forum may be useful for sharing information. Note: There is advertising on the site. Also, encourage users to review the privacy policy before posting to the site.

<http://www.dailystrength.org/c/Caregivers/support-group>

## ***Local and State Services***

### **Area Agency on Aging**

California divided into 33 PSAs (Planning and Service Areas)

[http://www.c4a.info/index.php?option=com\\_content&view=article&id=4&Itemid=4](http://www.c4a.info/index.php?option=com_content&view=article&id=4&Itemid=4)

### **California Caregiver Resource Centers**

11 non-profit centers throughout state, each providing services targeted to service area.

<http://www.californiacrc.org/californiacrc/jsp/home.jsp>

### **The National Family Caregiver Support Program**

Provides information about caregiver programs and services, counseling, training services and respite

[http://www.nei.nih.gov/nehep/about/partnership/nehep\\_partnership\\_organizations.pdf](http://www.nei.nih.gov/nehep/about/partnership/nehep_partnership_organizations.pdf)

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## ***Building a Small Collection***

### **The National Institutes of Health**

Free and low-cost publications for consumers from NIH Institutes

Examples:

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov/>

National Cancer Institute

“What You Need to Know About” series

<http://www.cancer.gov/cancertopics/wyntk>

### **Building & Running a Small Resource Center: a toolkit**

Published by the Alzheimer’s Association, the guide includes information useful to any organization interested in building and running a small resource center.

<http://www.alz.org/library/downloads/BuildingSmallResourceCenter2.10.pdf>

### **Caregiver DVDs**

The Savvy Caregiver program is a training program for caregivers of persons with memory loss or dementia.

<http://www.memorylossdvd.com/>