



Family Caregiving™

## AARP FAMILY CAREGIVING RESOURCES

- **Family Caregiving Site** [www.aarp.org/caregiving](http://www.aarp.org/caregiving) - **Spanish** [www.aarp.org/cuidar](http://www.aarp.org/cuidar)
  - **Basics** [www.aarp.org/caregiving/basics](http://www.aarp.org/caregiving/basics)
  - **Care at Home** [www.aarp.org/caregiving/home-care](http://www.aarp.org/caregiving/home-care)
  - **Medical** [www.aarp.org/caregiving/health](http://www.aarp.org/caregiving/health)
  - **Nursing Homes** [www.aarp.org/nursinghomes](http://www.aarp.org/nursinghomes)
  - **Financial & Legal** [www.aarp.org/caregiving/financial-legal](http://www.aarp.org/caregiving/financial-legal)
  - **Life Balance** [www.aarp.org/caregiving/life-balance](http://www.aarp.org/caregiving/life-balance)
  - **Community** [www.aarp.org/caregivingcommunity](http://www.aarp.org/caregivingcommunity)
  - **Local Resources & Solutions** [www.aarp.org/caregiving/local](http://www.aarp.org/caregiving/local)
  - **Stories** [www.aarp.org/caregiving/stories](http://www.aarp.org/caregiving/stories)
- **Toll-free Caregiver Helpline** 1-877-333-5885 - **Spanish** 1-888-971-2013

### **Books and Guides**

- **Prepare to Care** [www.aarp.org/preparetocare](http://www.aarp.org/preparetocare)
- **Online Care Guides** [www.aarp.org/careguides](http://www.aarp.org/careguides)
- **Caregiving Books** [www.aarp.org/caregivingbooks](http://www.aarp.org/caregivingbooks)
- **State and Local Caregiving Guides** [www.aarp.org/caregiverresourceguides](http://www.aarp.org/caregiverresourceguides) (all states will have guides by the end of 2020)

### **Connecting with Other Caregivers**

- **Facebook Family Caregivers Discussion Group**  
[www.facebook.com/groups/aarpfamilycaregivers](http://www.facebook.com/groups/aarpfamilycaregivers)
- **AARP Online Community:** [www.aarp.org/caregivingcommunity](http://www.aarp.org/caregivingcommunity)

### **COVID-19**

- **COVID-19 Information** [www.aarp.org/coronavirus](http://www.aarp.org/coronavirus)
- **Nursing Homes** [www.aarp.org/nursinghomes](http://www.aarp.org/nursinghomes)
- **Nursing Home Ombudsman Locator** [www.aarp.org/caregiving/health/info-2020/long-term-care-ombudsman.html](http://www.aarp.org/caregiving/health/info-2020/long-term-care-ombudsman.html)
- **COVID-19 Family Caregiver Tip Sheets** [aarp.org/employercaregiving](http://aarp.org/employercaregiving)

### **Getting Paid to Care for Family Members**

- **Can I Get Paid to Be a Caregiver for a Family Member?**  
<https://www.aarp.org/caregiving/financial-legal/info-2017/you-can-get-paid-as-a-family-caregiver.html>

### **Grief**

- **AARP Grief and Loss Resources** [www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)

### **Long-Distance**

- **5 Key Steps to Providing Care from Afar** <https://www.aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html?intcmp=AE-CAR-CLB-R3-C1>



## Military/Veterans

- **Military/Veterans Support** [www.aarp.org/veterans](http://www.aarp.org/veterans)
- **Military Caregiving Guide** (in partnership with the Elizabeth Dole Foundation) [www.aarp.org/preparetocare](http://www.aarp.org/preparetocare)

## Tools

- **Advance Directives** [www.aarp.org/advancedirectives](http://www.aarp.org/advancedirectives)
- **AARP Answers – Caregiving Playlist** <https://www.youtube.com/playlist?list=PLCs-cyDdbqJLlBaR1xEiiwjWJpAfOzxX>
- **AARP Caregiving Benefits Guide** <https://www.aarp.org/content/dam/aarp/caregiving/pdf/2019/mbc-caregiving-benefits-guide.pdf?intcmp=AE-CAR-CRC-LL>
- **Caregiver Glossary of Terms** <https://www.aarp.org/caregiving/basics/info-2019/caregiver-glossary.html?intcmp=AE-CAR-CRC-LL>
- **Caregiving Tips & Hacks** <https://www.aarp.org/caregiving/tips-hacks/?intcmp=AE-CAR-CRC-LL>
- **Caregiving Video Tips** <https://www.aarp.org/caregiving/tips-hacks/videos/?intcmp=AE-CAR-CRC-LL/>
- **Caregiving Webinars** [www.aarp.org/learnat50plus](http://www.aarp.org/learnat50plus)
- **Community Resource Finder** [www.communityresourcefinder.org](http://www.communityresourcefinder.org)
- **Health Tools** [www.aarp.org/healthtools](http://www.aarp.org/healthtools)
- **HomeFit Guide** [www.aarp.org/homefit](http://www.aarp.org/homefit)
- **Medical Alert Systems – How to Choose** <https://www.aarp.org/caregiving/home-care/info-2017/medic-alert-systems-options.html>
- **Medical/Nursing How-to Videos** [www.aarp.org/nolongeralone](http://www.aarp.org/nolongeralone)

## Work

- **Tips for Juggling Work and Caregiving** <https://www.aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html?intcmp=AE-CAR-CLB-R3-C1>
- **Employer and Employee Caregiving Information** (includes working Veteran and Military caregivers, Employer Toolkit, Working Caregiver on-demand webinar, small business guide, COVID-19 and more.) [www.aarp.org/employercaregiving](http://www.aarp.org/employercaregiving)

## OTHER KEY RESOURCES

- **AARP's List of Caregiver Organizations** <https://www.aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html?intcmp=AE-CAR-CRC-LL>
- **Aging Life Care Association** – Find a local aging life care expert/geriatric care manager [https://www.aginglifecare.org/ALCA/About\\_Aging\\_Life\\_Care/Find\\_an\\_Aging\\_Life\\_Care\\_Expert/ALCA/About\\_Aging\\_Life\\_Care/Search/Find\\_an\\_Expert.aspx?hkey=78a6cb03-e912-4993-9b68-df1573e9d8af](https://www.aginglifecare.org/ALCA/About_Aging_Life_Care/Find_an_Aging_Life_Care_Expert/ALCA/About_Aging_Life_Care/Search/Find_an_Expert.aspx?hkey=78a6cb03-e912-4993-9b68-df1573e9d8af) or call 520-881-8008.
- **ARCH Respite Locator** [www.archrespite.org/respitelocator](http://www.archrespite.org/respitelocator)
- **Benefits Check Up** [www.benefitscheckup.org](http://www.benefitscheckup.org)
- **Eldercare Locator** [www.eldercare.acl.gov](http://www.eldercare.acl.gov) or toll-free 1-800-677-1116
- **Medicare** [www.medicare.gov](http://www.medicare.gov) or call toll-free 1-800-633-4227
- **Medicaid** [www.medicaid.gov](http://www.medicaid.gov) call toll-free 1-866-762-2237
- **National Hospice and Palliative Care Organization** [www.nhpco.org](http://www.nhpco.org)
- **Road Scholar Caregiver Respite Grants** [www.roadscholar.org/grants](http://www.roadscholar.org/grants)
- **Social Security** [www.socialsecurity.gov](http://www.socialsecurity.gov) toll-free 1-800-772-1213
- **SHIP - State Health Insurance Assistance Programs** [www.shiptacenter.org](http://www.shiptacenter.org)
- **VA Caregiver Support** [www.caregiver.va.gov](http://www.caregiver.va.gov) or toll-free 1-855-260-3274