

Resources

Family Caregiver Alliance/National Center on Caregiving www.caregiver.org

Family Care Navigator/Care Journey

FCA Fact Sheets

Caregiving at Home: A Guide to Community Resources

Caregiving with Your Siblings

Dementia and Driving

Handbook for Long Distance Caregivers

Hiring In Home Help

Holding a Family Meeting

Home Away from Home: Relocating Your Parents

Legal Issues in Planning for Incapacity

Residential Care Options

Taking Care of YOU: Self Care for Family Caregivers

What Every Caregiver Needs to Know About Money

Where to Find My Important Papers

Work and Eldercare

Medication Management Videos: <https://youtu.be/nUlfcrSa5BI>

Government Resources

Area Agency on Aging

- Every community in the United States has an Area Agency on Aging. In some areas it can be accessed by dialing 211 or you can find your local agency at Eldercare Locator, www.eldercare.gov.
- Services the Area Agency on Aging can help with include:
 - Adult Day Care
 - Case Management
 - Community Resources
 - Financial Assistance/Medicare/Medicaid
 - Friendly Visitors
 - Home Safety Modifications
 - Meal Delivery
 - Senior Housing
 - Transportation/Paratransit

Family and Medical Leave Act, www.dol.gov/esa/whd/fmla

- Federal program allows caregivers to have unpaid, protected time off to care for a sick parent, spouse, or child. Some states may also have additional programs.

Health Insurance

- State Health Insurance Assistance Program, SHIP, www.shiptacenter.org/ In California this is HICAP, Health Insurance Counseling and Advocacy Program, <https://cahealthadvocates.org/hicap/>

Note: This program has individual websites for every county in California

- Medicare, www.medicare.gov
- Medicaid, www.cms.hhs.gov/medicaid/consumer.asp
 - Note: Medicaid regulations vary state by state; contact your Area Agency on Aging to find requirements, eligibility and benefits in your state as well as how to apply
 - Medicaid waivers for assisted living are available in some states; otherwise Medicaid only pays for skilled nursing facilities

Disease Specific Organizations

Some examples:

Alzheimer's Association, www.alz.org

American Cancer Society, <https://cancer.org>

American Diabetes Association, www.diabetes.org

American Heart Association, www.heart.org

Parkinson's Foundation, www.parkinson.org

National Organizations/Resources

- AARP www.aarp.org/life/caregiving/articles/a2003-10-27-caregiving-longdistance.htm;
Caregiving From Afar—Your Guide to Long Distance Caregiving
- CANHR--California Advocates for Nursing Home Reform, www.canhr.org
A California specific organization, but they have valuable information on their website including checklists for assessment. Some states have similar organizations, such as Massachusetts, MANHR
- Care Organizer, http://careforagingparents.com/pdfs/Caregivers_Organizer.pdf
- Faith in Action, <https://faithinaction.org/>
- Faith based religious organizations such as Jewish Family Services, Lutheran Social Services, and Catholic Charities

- Human Resources or Employee Assistance Programs at your place of employment
- Aging Life Care Association, www.aginglifecare.org
Formerly National Association of Geriatric Care Managers. A Geriatric Care Manager is a health and human services specialist who helps families who are caring for older relatives
 - Current Blog: Signs Your Older Loved One May Need Help
- National Academy of Elder Law Attorneys www.naela.org

Technology

Personal Health Records

- WebMD Health Manager - www.webmd.com/phr
- Microsoft Health Vault – www.healthvault.com
- Everplans –Financial/legal planning storage; \$75/year; www.everplans.com
- MyDirectives – Digital platform for advance care planning; free; website and iPhone app; www.mydirectives.com

Care Coordination

- CareZone – Free site with app for Android and iPhone: carezone.com/home
- Lotsa Helping Hands – Free site with app available; www.lotsahelpinghands.com
- Cozi – Free site with app for Android and iPhone; www.cozi.com

Monitors/Sensor Systems

- Tru Sense – Home sensor system; includes Amazon Echo Dot; can add GPS devices also; \$299 and up for product; \$28/month; www.mytrusense.com
- Safe In Home – Home sensor system; \$80/month and up; www.safeinhome.com
- Ask My Buddy – Service that connects with Alexa or Google Home to call for help from contact list; free for 10 messages then \$3-5/month for more; must have Amazon Alexa or Google Home; www.askmybuddy.net/
- Personal Emergency Response Systems (i.e. Life Alert)

Medication Management

- MedReady Inc – Automatic medication dispenser; \$150 and up for equipment, no monthly cost; www.medreadyinc.net
- PillPack – Medication delivery service that presorts meds; regular copays if they accept your insurance; www.pillpack.com
- Reminder Rosie – Voice-controlled reminder system; \$80; www.reminder-rosie.com
- Reminders and alarms through Google Home and Amazon Alexa (when synced with an online calendar)