CARING WORK: A GUIDE TO COMMUNITY RESOURCES

The following organizations, groups and agencies offer caregivers a variety of resources, ranging from support services and webinars to tip sheets, care guides and how-to videos:

1. AARP Family Caregiving: Resources Caregivers Should Know About – free care guides, legal checklists, care options and an online community that supports all types of family caregivers. [https://www.aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html](https://www.aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html)


4. ARCH National Respite Network and Resource Center – programs and services that allow caregivers to get a break from caring for a loved one. www.archrespite.org

5. CAREGIVER Action Network (formerly National Family Caregivers Association) – information and education for family caregivers, including a volunteer support network in over 40 states. The nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. www.caregiveraction.org http://caregiveraction.org/?gclid=CjwKCAiAtorUBRBnEiwAfcp_Yzml_BzFZumc2Yc0wXG3b2_-byn5cUh4mwrk_fVuZVd09uphEv6axoCg40QAvD_BwE

6. Community Resource Finder – a comprehensive listing of Alzheimer’s and dementia resources, community programs and services. www.communityresourcefinder.org

8. **Family Caregiver Alliance** – information, education and services for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.

The first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home. FCA, as a public voice for caregivers, shines light on the challenges caregivers face daily and champions their cause through education, services, and advocacy.

www.caregiver.org
800-445-8106

The services, education programs, and resources FCA provides are designed with caregivers’ needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving.

- **FCA CareJourney** – secure online solution for quality information, support, and resources for family caregivers.
  https://fcacarejourney.caregiver.org/login

- **Family Care Navigator** – sponsored by the NCC, helps caregivers locate support services state-by-state.
  https://www.caregiver.org/family-care-navigator

- **National Center on Caregiving (NCC)** – unites research, policy, and practice to advance the development of high-quality, cost-effective programs and policies for caregivers in every state.
  https://www.caregiver.org/national-center-caregiving

- **Bay Area Caregiver Resource Center** – the CRC for the six-county San Francisco Bay Area, operated by FCA. Our Family Consultants work closely with families caring for ill or elderly loved ones.
  https://www.caregiver.org/bay-area-caregiver-resource-center

9. **Hospice Foundation of America** – information on issues related to hospice and end-of-life care.

www.hospicefoundation.org
800-854-3402

10. **Medicare** – information about the parts of Medicare, what’s new and how to find Medicare plans, facilities or providers.

www.medicare.gov
800-Medicare

11. **National Alliance for Caregiving** – a coalition of national organizations focused on family caregiving issues.

www.caregiving.org
12. National Institute on Aging Information Center – research leader on aging issues; information on common age-related health problems.
   www.nia.nih.gov
   800-222-2225

13. Rosalynn Carter Institute for Caregiving – An advocacy, education, research, and service unit of Georgia Southwestern State University.
   http://www.rosalynnncarter.org/caregiver_resources/

14. Social Security Administration – information on retirement and disability benefits, including how to sign up.
   www.socialsecurity.gov
   800-772-1213

15. State Health Insurance Assistance Program – a program that offers one-on-one insurance counseling and assistance to people with Medicare and their families.
   www.shiptacenter.org

   www.longtermcare.gov

17. Family caregivers of children with special health care needs: the need for caregiver support as truly family-centered care (University Of Minnesota) – Minnesota LEND (Leadership Education in Neurodevelopmental and Related Disabilities) Program is an interdisciplinary leadership training program spanning 18 disciplines across the University of Minnesota and is funded by the Maternal Child Health Bureau (MCHB) of the US Department of Health and Human Services. The MNLEND Program facilitates development of health care and allied health care leaders with the knowledge, skills and attitudes to allow them to take committed action in the areas of NDD/ASDs and related intellectual and developmental disabilities.
   https://lend.umn.edu/docs/LEND-Family_Caregiver-FACT_SHEET-7-3-13.pdf
   http://lend.umn.edu/resources/index.asp

18. Veterans Administration – support and services for families caring for veterans
   www.caregiver.va.gov
   855-260-3274

   www.wellspouse.org
   800-838-0879
Local Resources:

1. **Pennsylvania Department of Aging** – The Pennsylvania Caregiver Support Program aims to reduce stress on primary, informal, unpaid caregivers; supports individuals who care for a spouse, relative, or friend who requires assistance due to disease or disability; supports individuals age 55 and older caring for related children; provides coordinated support through an appointed care manager.

   Services may include caregiving assistance, education and counseling, and reimbursement for supplies used to provide care.
   
   [http://www.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx](http://www.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx)

2. **Pennsylvania Homecare Association** – a state trade association representing nearly 700 organizations that provide care and support to individuals in their own homes.

   Our members provide medical care, such as nursing and wound care, and physical, speech or occupational therapy, personal care, such as assistance with activities of daily living like bathing and meal preparation, and end-of-life care for those with terminal illnesses.

   PHA is a one-stop resource. With a member-centered focus, the association champions efforts that range from advocating on behalf of patients and consumers, interpreting and developing regulations and legislation to exploring needs and business strategies.