

Family Caregiver Resources

Family Caregivers Resource Line of Snohomish County

425-290-1240, 1-800-422-2024, Family Caregiver Network of Snohomish County: (<http://www.snocare.org/>) The phone line and website serve as a central resource for family caregivers in Snohomish County. These services are managed by Senior I and A.

4 Elders (Puget Sound area), 1-888-435-3377, Healthy Aging Partnership:

(<http://www.4elders.org/>) A free and confidential information / assistance service of the Healthy Aging Partnership, a coalition of nonprofit and public sector senior services agencies in King, Pierce, and Snohomish Counties. Gives seniors, their family members and caregivers in King, Pierce and Snohomish Counties the information and assistance they need to make the right choices about medical care, physical activity, transportation, and more.

AARP -- Resources for Caregiving, 1-800-424-3410, AARP Webplace | Health and Wellness Index: (<http://www.aasa.dshs.wa.gov/topics/caregiving/faq.htm>) AARP is a nonprofit organization that offers educational programs, services and support for adults age 50 and older. The AARP website contains an extensive caregiver section that provides information on caregiver support, long-term care, home care and housing. Publications are available online and can also be mailed free upon request.

Administration on Aging: Caregiver Resources – Because We Care Guide: (http://www.aoa.gov/prof/aoaprogram/caregiver/carefam/taking_care_of_others/wecare/wecare.asp) “*Because We Care Guide*” provides information and a range of suggestions to make caregiving easier and more successful -- whether you are the caregiver or the person who ensures that your family member or friend receives the best possible care from others. The site also has a fact sheet on family caregiving and links to other interesting websites.

Assisted Living INFO - The Nationwide Assisted Living and Senior Living Retirement Community Directory: (<http://www.assistedlivinginfo.com/>) Assisted Living INFO is your online guide for selecting an assisted living facility, retirement community, or other personal care facility anywhere in the United States. Our site is designed to assist you throughout the selection process. We offer tools to help you evaluate a senior's needs, facility selection tips, and our highly-acclaimed, map-based search engine to find a facility near family and friends.

Assisted Living Federation of America Home Page: (<http://www.alfa.org/>) ALFA is a trade association that represents the assisted living industry. ALFA provides information and education to consumers; its website provides an online directory of homes and services by city and state.

Caregiver Coping, Coping - Caregiving for Victims of Pick's Disease, Alzheimer's Disease, Hoffmann Family Journal: (<http://www.bhoffcomp.com/coping/>) This site

shares coping experiences and tips that may be useful to others caring for a loved one diagnosed with Pick's disease, Alzheimer's disease, or other forms of dementia.

Caregiver Self-Assessment Tool: (<http://www.ama-assn.org/ama/pub/category/4642.html>) Provided by the American Medical Association.

CareGivers-USA: A nationwide, non-commercial directory of community-based caregiver support services -- intended to help individuals who are providing care for a family member or friend. All services are free and completely confidential.

Caregiving.com: (<http://www.caregivers-usa.org/>) Provides useful tips and general information for caregivers, including a highlight of the six stages of caregiving. Offers monthly newsletter (Caregiving Newsletter) providing articles from past and current newsletters. Helps caregivers stay well by providing information about support and resources. It also offers a *Caregivers Discussion Group* and an *Online Caregiving Journal*.

CareGuide: (<http://www.careguide.com/>) CareGuide features information on finding and paying for care and legal planning for older adults. A searchable directory of eldercare facilities and home care by city and state is provided, as well as tools and checklists for financial planning, long term care insurance and nursing home placement.

CareSource: (<http://www.caresource.com/>) Caregiver information, books, videos, web links to senior clothing and accessories.

Eldercare Locator, 1-800-677-1116:

(<http://www.eldercare.gov/Eldercare/Public/Home.asp>) The Eldercare Locator is a nationwide, directory assistance service helping older people and caregivers locate local support and resources for older Americans. It is funded by the Administration on Aging.

Eldercare Online: (<http://www.ec-online.net/>) Offers a broad range of information.

Elder Planning Café: (<http://www.elderlifeplanning.com/>) Talks about financial concerns, and lists health care professionals by region. Visit the site to participate in the discussion forum.

Elderweb, 309-451-3319: (<http://www.elderweb.com/>) Elderweb is a research website for older people, professionals, and families seeking information on elder care and long-term care. Visit Elderweb for news and information on legal, financial, medical, and housing issues for older people and provides links to other websites. Offers a guide to funeral finances and laws, provides an index of links to related articles, state codes and industry ethics.

Extendedcare.com: (<http://www.extendedcare.com/>) This website contains an Archive of data about aging, health and wellness, and an opportunity to email questions to a geriatric physician.

Family Care America: (<http://www.familycareamerica.com/>) Well-rounded site. Some fees associated with certain services. Unique information about developing strategies for the holidays. Excellent browse topics including checklists to use as you take with medical professionals.

Homecare Online: (<http://www.nahc.org/Tango/Hlocator/locator.html>) Information site hosted by National Association for Home Care. Features home care and hospice agency locator, consumer information, and search facility.

Medicare.gov: (<http://www.medicare.gov/>) This site is the official U.S. government site for information on Medicare. At this site consumers can search for information on health plans, nursing homes, dialysis facilities, Medigap policies, contacts, Medicare activities, participating physicians and prescription drug assistance programs in their area. The site also provides information on Medicare basis such as eligibility, enrollment, Medicare cards and replacement card ordering.

National Alliance for Caregiving: (<http://www.caregiving.org/>) This organization was designed to support family caregivers of the elderly and the professionals who serve them. The site includes studies, tips for caregivers, and a searchable caregiving resources directory. The website also includes a family care resource center.

National Family Caregivers Association (NFCA) 1-800-896-3650: (<http://www.nfcacares.org/>) NFCA is a nonprofit organization dedicated to providing support and assistance to caregivers through information, education, public awareness and advocacy. They offer caregiving tips, caregiver advocacy updates and resources online. A quarterly newsletter called *Take Care! Self-Care for the Family Caregiver*, a support network and resource guides are available online for members.

New LifeStyles Online: (<http://www.newlifestyles.com/>) Your complete guide for senior living. New LifeStyles Online is your ultimate source for senior living and care options. We provide you with everything you need to make an informed, comfortable decision about your own or your loved one's future.

Nursing Home Info: (<http://www.nursinghomeinfo.com/>) Choosing the right nursing home is one of life's most challenging events. Nursing Home INFO is here to help you make the best choice. Whether you are starting from square one or have a good idea of what you are looking for, we can improve every step of the process. Nationwide nursing home directory with over 15,000 facilities listed. Includes a Needs Assessment to assist in making the correct choice.

Oregon State University Extension and Experiment Station Communications, (541) 737-2513: (<http://eesc.orst.edu/>) Excellent site! The Extension has a number of

excellent, inexpensive publications on aging and caregiving. These materials are under “publications and videos,” “family and home,” “aging.”

Personal Assistance Services Manual: (<http://www.wa-ilsc.org/toc2ack.html>)

Excellent source of information in finding help.

Third Age: (<http://www.thirdage.com/>) This site has a variety of useful information specific to caregivers. Visitors will find Third Age Solution Guides that can assist individuals in making their care decisions. There are also extensive *Factsheets* where information on care resources can be obtained.

Total Living Choices for Seniors: (<http://www.tlchoices.com/>) Excellent site with helpful information for caregivers.

U.S. Administration on Aging: Caregiving Resources for the Aging

Network: (<http://www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp>) The U.S. Administration on Aging serves older adults and their families, enabling them to participate in a range of AoA supported services at the state and local levels including nutrition, transportation, senior centers and homemaker services. The government website is a point of entry into the aging network with links to the Area Agencies on Aging. The AoA also operates the national Aging Information Center, which can be reached at (202) 619-7501.

Well Spouse Foundation: (<http://www.wellspouse.org/>) "When one is sick or disabled...two need help." spousal caregivers face similar problems: anger, fear, grief, guilt and isolation. The Well Spouse Foundation is a national, nonprofit membership organization which gives support to wives, husbands and partners of the chronically ill and/or disturbed. They provide a bimonthly newsletter, *Mainstay*, mutual aid support groups in many areas, and letter writing support groups.