

11 Resources Caregivers Should Know About

Caregivers can find support for their own needs, tips to improve their caregiving, and knowledge about their loved one's condition — if they know where to look. Here are 11 helpful places to start.



AARP

Covers practical caregiving, including home safety, legal tips, and self-care, including finding balance in your own life



ARCH National Respite Network and Resource Center

Provides resources about where to find people who can give you a break from caregiving and the information you need to not feel guilty about it



Caregiver Action Network

Contains a trove of practical information for caregivers of all experience levels and situations



Eldercare Locator

A clearinghouse site, searchable by location or topical filter. Provides contact information for local, state, and federal agencies that serve caregivers and the elderly



Family Caregiver Alliance

Offers specific information about many of the common medical conditions that require caregiving and also contains practical caregiving tips



Lotsa Helping Hands

Provides a web-based communication platform where family, friends, and neighbors can share information and create a group calendar



National Alliance for Caregiving

Includes practical caregiving tips as well as information about caregiving advocacy and research



National Institute on Aging

Gives a wealth of high-quality information about aging and dementia (alzheimers.gov is an NIA site), with a focus on clinical research, as well as tips on practical caregiving and self-care



Longtermcare.gov

Thoroughly covers how to choose and pay for long-term care



Veterans Administration

Offers a caregiver-support telephone line and peer-mentoring support groups as well as resources for the person being cared for and information about common conditions requiring caregiving



Well Spouse Association

Provides peer support for the “well spouse” through local support groups and telephone support groups

If you’re interested in learning more about caregiving and how you can improve as a caregiver, please download our free eBook [Solutions to Common Caregiving Challenges](#).



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Our customers take comfort in the fact that The Arbors is a locally owned family business. Our residents are proud to call The Arbors home with our exceptional staff and the kind of experience that comes only from a family owned and operated company who pays attention to the little details.

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