

CAREGIVING RESOURCES

Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

Agencies and Organizations

Following are agencies and organizations that are valuable resources for you to receive information, support and assistance - whether you are a family caregiver, a professional caregiver, or looking for additional information on issues related to family caregiving.

- [Caregiver Organizations, Information, Advocacy and Support Resources](#)
- [Caregiver-Specific Websites](#)
- [Caring for Elders](#)
- [End-of-Life Planning, Hospice and Bereavement Information](#)
- [Advocacy Assistance](#)
- [Health Insurance: Prescription Assistance Information](#)
- [Homecare Agencies](#)
- [Assisted Living, Nursing Homes, and Residential Care](#)
- [Medical Transport and Hospitality Housing](#)
- [Respite Resources](#)
- [Training for Family Caregivers](#)
- [Disease Specific and Health Related Agencies and Websites](#)

Finding Resources in Your Local Area

Don't forget to find out what services and organizations are available in your local community. Even if you think you will not qualify for specific services, agencies may be able to make referrals to other organizations which may be of assistance.

- Check the county government listings in your local phone book for information on
 - Health and Human Services Department
 - Social Service Department
 - Public Health Department
 - Social Security Administration
 - Medical Board
 - Mental Health Department
- Access governmental agencies and organizations online.
- Contact the social service department of your local hospital or clinic.
- Locate adult daycare centers and faith-based agencies.
- Locate the local chapter of disease groups (i.e. American Heart Association etc)

Caregiver Organizations, Information, Advocacy and Support Resources

- **Children of Aging Parents (CAPS)**
800-227-7294
Website: <http://www.caps4caregivers.org>

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CAPS assists caregivers of the elderly with information and referrals, a network of support and publications and programs that promote public awareness of the value and the need for caregivers.

- **Family Caregiver Alliance (FCA)**
800-445-8106
Website: <http://www.caregiver.org>
e-mail: info@caregiver.org

FCA is the lead agency in California's system of Caregiver Resource Centers. FCA provides support and help to family caregivers and champions their cause through education, services, research and advocacy. Services are specific to California, although information can be accessed nationwide.

- **Family Voices, Inc.**
888-835-5669
Website: <http://www.familyvoices.org>

Family Voices offers information on healthcare policies relevant to special needs children nationwide.

- **Friends' Health Connection**
800-483-7436
Website: <http://www.48friend.org>

Friends' Health Connection links persons with illness or disability and their family caregivers and others experiencing the same challenges.

- **National Alliance for Caregiving**
Website: <http://www.caregiving.org>

Although not an organization that helps family caregivers directly, The National Alliance for Caregiving's Website helps family caregivers learn about information, videos, pamphlets and more. All content has been reviewed and approved as providing solid information.

- **National Family Caregivers Association**
800-896-3650
Website: <http://www.thefamilycaregiver.org>
e-mail: info@thefamilycaregiver.org

NFCA is a national nonprofit organization dedicated to empowering family caregivers to help themselves and their loved ones, and to remove barriers to their health and well-being. NFCA concentrates its efforts in three primary areas: education, building community, and advocacy. **For more information visit:** www.thefamilycaregiver.org.

- **Rosalynn Carter Institute for Human Development (RCI)**
229-928-1234
Website: <http://www.rci.gsw.edu>

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

RCI provides educational programs for caregivers, conducts research, and disseminates information about caregiving.

- **U.S. Department of Health and Human Services**

Website: www.healthfinder.gov

A federal Web site designed to help people stay healthy. Healthfinder.gov features links than 6,000 government and nonprofit health information resources on hundreds of heal including personalized health tools such as health calculators, activity and menu planne and online checkups. In addition, the site offers tips for caregivers and health news. Inf provided in English and Spanish.

- **Well Spouse Association**

800-838-0879

Website: <http://www.wellspouse.org>

e-mail: info@wellspouse.org

Well Spouse is a national membership organization that gives support to husbands, wiv partners of the chronically ill and/or disabled. Well Spouse has a network of support grc also a newsletter for spouses.



Caregiver-Specific Websites

There are a variety of websites which offer information and support for family caregiver with key information and support for family caregivers include:

- **AgingCare.com**

239-594-3235

Website: <http://www.agingcare.com/>

e-mail: editor@agingcare.com

AgingCare.com helps people caring for elderly parents find support, resources and infor well as a place to connect with other caregivers. AgingCare.com has a comprehensive c articles, news, product information, as well as a team of elder care experts who answer tough questions caregivers have about caring for their loved ones. Most importantly, AgingCare.com provides a community in which caregivers can connect with others in sir situations, to share ideas and help each other through the tough times.

- **AGIS Network**

866-511-9186

Website: <http://www.agis.com/>

e-mail: info@agis.com

AGIS.com provides education, support, expert advice, local resources and a vibrant con caregivers and families of the elderly.

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

- **Allsup Medicare Advisor®**
888-271-1173
Website: <http://www.allsup.com>
e-mail: medicarehelp@allsupinc.com

Allsup Medicare Advisor is a fee-based Medicare plan selection service helping Medicare individuals, either alone or with their caregivers, to choose the Medicare option that best meets their needs.

- **CareCentral**
Website: <http://www.carecentral.com>

CareCentral is a personalized web service that allows users to create a private, secure online community for loved ones during significant health events. It is a free tool to update friends and family, organize and schedule offers to help, and encourage messages of hope, providing support when it is most needed.

- **CareConnection.com**
Website: <http://www.careconnection.com>

CareConnection.com is a Website devoted to family caregivers, with up-to-date health care information, care specialists, experts, insurance help, and coping advice. The site, owned by HealthCare Partners, offers in-depth resources from trusted sources, interactive tools, and connections to local experts and caregivers who share their experiences and inspiration.

- **Caregiver.Com**
800-829-2734
Website: <http://www.caregiver.com>
e-mail: info@caregiver.com

Caregiver.com produces *Today's Caregiver magazine*, the first national magazine dedicated to caregivers, the "Sharing Wisdom Caregivers Conferences", and a Website which includes a variety of specific newsletters and online discussion lists.

- **Caregivinghelp.org**
773.381.6008
Website: www.CAREgivinghelp.org
Email: CAREgivinghelp@cje.net

CAREgivinghelp.org is a free, interactive website featuring short video and text education on a variety of caregiving topics, frequently asked questions that cover the different phases of caregiving, an online community monitored by a geriatric care specialist, exercises to help caregivers "take a moment" for themselves, and a comprehensive listing of resources.

- **CarePages**
888-852-5521
Website: <http://www.carepages.com>

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

CarePages are free, private web pages that make it easy to reach out and receive mess support and to stay connected to family, friends, co-workers and others who care about your loved one. The service is available to anyone caring for a loved one, but may be particularly helpful to those who have recently found themselves in a care giving role.

- **Centers for Medicare & Medicaid Services (CMS)**

Website: www.medicare.gov/caregivers

Ask Medicare will help family caregivers access and use valuable healthcare information and resources. This new CMS initiative will feature a one-stop Web page for caregivers, easy access to useful information about Medicare and other essential resources to help caregiving including links to key partner organizations that assist caregivers and beneficiaries. It will present personal stories from caregivers in the community.

- **Disability.gov**

Website: <http://www.disability.gov/>

A federal government website providing easy access to disability-related information and resources, Disability.gov has links to relevant programs and services offered by numerous government agencies. It is designed as a one-stop website where people with disabilities find the resources they need to fully participate in the workforce and in their communities. Included is a state and local resources map, which makes it easy to locate disability-related information in specific parts of the country.

- **Family Caregiver Alliance (FCA)**

800-445-8106

Website: <http://www.caregiver.org>

FCA is a public voice for caregivers, illuminating the daily challenges they face, offering assistance they so desperately need and deserve, and championing their cause through services, research and advocacy.

- **The Healing Project**

Email: amy@thehealingproject.org

Website: <http://www.thehealingproject.org>

The Healing Project is dedicated to providing support, education, resources, and help to face life-threatening and life-altering diseases and encourages those who have a personal story to share can submit an essay that will provide insight, hope, courage, and healing to those who are newly diagnosed or living with the disease.

- **Home Instead - Caregiverstress**

Website: www.caregiverstress.com

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

While family caregiving is often very rewarding and a bonding experience, it can also be and cause tension within families. Home Instead Senior Care provides this informative \ help family caregivers find ways to cope with caregiver stress, in order to make their ro rewarding. A caregiver who takes care of herself or himself - *body and mind* - will ultim better caregiver to a loved one.

- **Homecare Agencies - Right at Home**

Website: www.rightathome.net

Right at Home is a national in-home care and assistance agency that provides your love the care and attention they deserve in the comfort of their own surroundings. Our local provide well-trained, insured and bonded caregivers for a variety of elder care services, manage that care locally on your behalf. Whether you are seeking help with basic home services, personal care, or light skilled nursing, caregivers with Right at Home deliver q that can help your loved ones remain independent and fulfilled. Visit www.rightathome. more and to locate an office.

- **ITN Men's Caregiver Support Group program**

Email: mlberg.caregiver.blog@gmail.com

Website: <http://mlberg.spaces.live.com/>

ITN (In Their Names) seeks to help men build their communication skills to become bet caregivers. This is done by learning to share their stories with others, developing abilitie making flexible and realistic plans, and gaining confidence as a caregiver. ITN was creat step-by-step guide for men to develop a caregiver support group within their own comm

- **Lotsa Helping Hands**

Email: info@lotsahelpinghands.com

Website: <http://www.nfca.lotsahelpinghands.com>

Lotsa Helping Hands is a volunteer coordination service for friends, family, colleagues, a neighbors to assist loved ones in need. It's an easy-to-use, private group calendar, spe designed for organizing helpers, where everyone can pitch in with meals delivery, rides, tasks necessary for life to run smoothly during a crisis.

- **National Family Caregivers Association (NFCA)**

800-896-3650

Website: <http://www.thefamilycaregiver.org>

NFCA is a national nonprofit organization dedicated to empowering family caregivers to behalf of themselves and their loved ones, and to remove barriers to their health and w NFCA concentrates its efforts in three primary areas: education, building community, ar advocacy. **For more information visit:** www.thefamilycaregiver.org.

- **The National Resource Directory**

Website: www.nationalresourcedirectory.org

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

Developed by the Departments of Defense, Labor and Veterans Affairs for wounded, ill ; service members, veterans, their families and families of the fallen, and those who support. The Directory provides over ten thousand services and resources available through governmental and non-governmental organizations to support recovery, rehabilitation and reintegration into the community.

- **New Health Partnerships**
Website: www.newhealthpartnerships.org

New Health Partnerships (NHP), a program of the Institute for Healthcare Improvement spreading collaborative self-management support, a system of care that promotes patient/caregiver/provider partnerships to transform care for the chronically ill. The site offers various tools and resources that can be easily downloaded by patients, family caregivers, and the care team.

- **Next Step in Care**
Website: <http://www.nextstepincare.org>

Offering a range of guides and checklists—most intended for family caregivers of persons with serious illness, with some specifically for health care providers—designed to make patient transitions between care settings such as rehab to home or home to hospital smoother.

- **ShareTheCaregiving – aka Share The Care**
Tel: 212-991-9688
Website: <http://www.sharethecare.org>
Email: info@sharethecare.org

ShareTheCaregiving Inc. is a grassroots organization dedicated to preventing "caregiver burnout" by promoting and educating people about the benefits of group caregiving using the SH-CARE™ model."

- **Strength for Caring**
866-466-3458
Website: <http://www.strengthforcaring.com>

Strength for Caring is an online resource and community for family caregivers that help caregivers take care of their loved ones and themselves. Strength for Caring is part of The Caregiver Initiative, created by Johnson & Johnson Consumer Products Company, Division of Johnson & Johnson Consumer Companies, Inc.

- **Video Caregiving**
Website: www.videocaregiving.org

A visual education tool for family caregivers of loved ones with Alzheimer's Disease, stroke, and other physical disabilities. The site features exclusive documentary-style videos, created by award-winning film producers, which follow real life people as they tell their real life stories and issues. Here caregivers find tools to better understand and deal with their situation, and let them know that they are neither isolated nor alone in their struggle.

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Caring for Elders

Vital information and possible support services for the elderly can be obtained by contacting your local county office of senior services or elder affairs as well as your local social service center. Area adult daycare centers may also provide information on resources for the elderly in your area. These numbers can be located in the governmental pages of the phone book or through an online query.

- **AARP**
800-424-3410
Website: <http://www.aarp.org>

AARP supplies information about caregiving, long-term care and aging, including public audio-visual aids for caregivers.

- **AGIS Network**
866-511-9186
Website: <http://www.agis.com/>
e-mail: info@agis.com

AGIS.com provides education, support, expert advice, local resources and a vibrant community for caregivers and families of the elderly.

- **Eldercare Locator**
National Association of Area Agencies on Aging
800-677-1116
Website: <http://www.n4a.org> or <http://www.eldercare.gov>

Eldercare Locator provides referrals to Area Agencies on Aging via zip code locations. Family caregivers can also find information about many eldercare issues and services available in their communities.

- **Home Instead - 40/70 Rule**
Website: www.4070talk.com

What does a grown daughter say to her dad when he's hit a light pole with the car? How do adult sons ask their moms if they're taking their medications like they should? And how do siblings approach their parents about needing more help at home? These issues can challenge even the most loving family where communication is free and open. Talking sooner is better than waiting until a crisis has occurred. That's what the "40-70 Rule" is all about. This advice is designed to help adult children and their aging parents deal with those sensitive topics that often make conversations difficult. The idea is that if you're 40, or your parents are 70, it's time to start talking about the issues of aging.

- **The National Association of Professional Geriatric Care Managers**
520-881-8008
Website: <http://www.caremanager.org>

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

Geriatric care managers (GCMs) are health care professionals, most often social workers, who help families in dealing with the problems and challenges associated with caring for the elderly. A national organization will refer family caregivers to their state chapters, which in turn can provide the names of GCMs in your area. This information is also available online.

- **U.S. Administration on Aging**
202-619-0724
Website: <http://www.aoa.gov>

The Administration on Aging is the official federal agency dedicated to the delivery of social services, home and community-based services to older individuals and their caregivers. The AoA has a special section on family caregiving.



End-of-Life Planning, Hospice, and Bereavement Information

- **Aging with Dignity**
888-5-WISHES (594-7437)
Website: <http://www.agingwithdignity.org>

Aging with Dignity publishes the Five Wishes Living Will document, a very user-friendly comprehensive document that meets legal requirements in 35 states.

- **Caring Connections**
Website: <http://www.caringinfo.org>

Caring Connections provides free brochures on end-of-life topics including advance care directives, caregiving, hospice and palliative care, pain, grief and loss and financial issues. Caring Connections also provides Advanced Directives for all states.

- **HospiceDirectory.org**
800-868-5171
Website: <http://hospicedirectory.org/>

Online consumer database that lists hospices in North America and the U.S. All hospices listed are at no cost. It is a free service that assists families and individuals in locating a hospice in their community quickly. Also provides reliable information about hospice and end-of-life care for consumers.

- **Hospice Foundation of America**
800-854-3402
Website: <http://www.hospicefoundation.org>

The National Hospice Foundation hosts an annual teleconference on issues of bereavement and has publications on grief and bereavement.

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Source: [The Family Caregiver.org](http://www.familycaregiver.org)

- **The Compassionate Friends**
877-969-0010
Website: <http://www.compassionatefriends.org>

This group offers telephone support and understanding to families who have lost a child maintain a resource library and have a national chapter network and newsletter.

- **U.S. Department of Health and Human Services**
National Clearing House for Long-Term Care Information
Website: <http://www.longtermcare.gov>
e-mail: aoainfo@aoa.hhs.gov

The National Clearinghouse for Long-Term Care Information provides information on planning long-term care including planning for end of life care, and all major types of private financing to help cover long-term care costs.



Health Insurance: Prescription Assistance Information

Family caregivers can contact their county or state Department of Health and Human Services for financial programs which may provide assistance for acquiring health insurance and prescription medications. Other possible financial resources may include social service agencies such as Catholic Charities, the Association of Jewish Families, and Children's Agencies. Local churches and voluntary health agencies may also offer financial support programs and/or information apply for such programs.

- **AGIS Network**
866-511-9186
Website: <http://www.agis.com/>
e-mail: info@agis.com

AGIS.com provides education, support, expert advice, local resources and a vibrant community of caregivers and families of the elderly.

- **Benefits Check-Up and Benefits Check-Up RX**
Websites: <http://www.benefitscheckup.org>

A service of the National Council on the Aging, Benefits Check-Up and Benefits Check-Up RX help people over the age of 55 find federal, state, and local public and private programs that help pay for some of their medical care and/or prescription costs.

- **HealthInsurance.com**
800-942-9019
Website: <http://www.healthinsurance.com>

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

This website provides consumers and small businesses with quotes for health insurance help those who have lost their health insurance find an affordable alternative.

- **Medicare**

Website: <http://www.medicare.gov>

This is the official Website for the Centers for Medicare and Medicaid Services (CMS), the responsible for Medicare Rx. The toll-free number is 800/MEDICARE.

- **Medicare Rights Center**

888-HMO-9050

Website: <http://www.medicarerights.org>

This is an independent source of health care information and assistance for older and disabled Americans, their caregivers, and the professionals who serve them. Medicare Interactive is the one-stop source for information about health care rights, options and benefits and is designed to help people find answers to all their Medicare questions. The website also has phone numbers for each state's "State Health Insurance Assistance Program."

- **Medicare Rx Matters**

Website: <http://www.MedicareRxMatters.org>

Designed to help users make decisions about the new Medicare prescription drug plan, it has three specific portals: one for family caregivers, one for people with Medicare, and one for professionals. The Website provides an overview, easy-to-understand steps, and information to assist users in making personal decisions about Medicare prescription drug coverage.

- **Medicine Program**

573-996-7300

Website: <http://www.themedicineprogram.com>

This program is for persons who do not have coverage either through insurance or government subsidies for outpatient prescription drugs and for those who cannot afford to purchase medications at retail prices.

- **RxCompare**

Email: info@maprx.info

Website: <http://www.maprx.info>

RxCompare™ is a free tool developed by Medicare Access for Patients-Rx (MAPRx) to help determine if they need to enroll in a Medicare drug plan and, if they do, to systematically compare the drug plans where they live and select the best option for their prescription needs. RxCompare™ works in tandem with Medicare's on-line "Prescription Drug Plan Finder" information available from plans or 1-800-MEDICARE.



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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

Patient Advocacy Assistance and Programs

- **Patient Advocate Foundation**
800-532-5274
Website: <http://www.patientadvocate.org>

Patient Advocate Foundation serves as a liaison between patients and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relating to patient's condition.

Homecare Agencies

- **National Association for Home Care and Hospice**
202-547-7424
Website: <http://www.nahc.org>

This organization for home healthcare agency providers allows family caregivers to use Internet to access a list of member agencies across the country.

- **Visiting Nurse Associations of America**
617-737-3200
Website: <http://www.vnaa.org>
e-mail: vnaa@vnaa.org

VNAA promotes community based home healthcare. Family caregivers can contact their local VNA.

Assisted Living, Nursing Home, and Residential Care

- **Consumer Consortium on Assisted Living (CCAL)**
703-533-8121
Website: <http://www.ccal.org>

CCAL is a national consumer-focused organization that is dedicated to representing the residents in assisted living facilities and educating consumers, professionals, and the general public about assisted living issues. Family caregivers can request the publication "Choosing an Assisted Living Facility: Strategies for Making the Right Decision," which provides helpful information and a concise checklist for those contemplating this next step.

- **National Citizens' Coalition for Nursing Home Reform**
202-332-2275
Website: <http://www.nccnhr.org>

This organization serves as an information clearinghouse and offers referrals nationwide with concerns about long-term care facilities.

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

- **NFCA Senior Housing Locator**
206-575-0728
Website: <http://www.snapforseniors.com/>
e-mail: info@snapforseniors.com

NFCA Senior Housing Locator powered by SNAPforSeniors® is a current, comprehensive objective resource of senior housing in the U.S. Users can also search and screen for Medicare certified home healthcare providers in their area. Download checklists and tools to help senior housing and care options. Exchange ideas and join discussions by participating in

Medical Transport and Hospitality Housing

- **National Association of Hospital Hospitality Houses (NAHHH)**
800-542-9730
Website: <http://www.nahhh.org>

NAHHH represents organizations that provide lodging (and service) for families receiving care away from home; furnishes information about hospitality homes in the caller's area; newsletter; and publishes an annual directory of facilities offering lodging.

- **National Patient Travel Center**
800-296-1217
Website: <http://www.PatientTravel.org>

Family caregivers can receive help in locating air transportation for needy patients who need distant specialized medical evaluation, diagnosis or treatment. The National Patient Travel Center is available 24/7 and provides referrals to all major medical transport providers in the nation.



Respite Resources

- **Easter Seals**
800-221-6827
Website: <http://www.easter-seals.org>

Easter Seals provides a variety of services at 400 sites nationwide for children and adults with disabilities, including adult day care, in-home care, camps for special needs children and more. Services vary by site.

- **Faith in Action**
877-324-8411
Website: <http://www.fiavolunteers.org>
e-mail: info@fiavolunteers.org

CAREGIVING RESOURCES

Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

Faith in Action is an interfaith volunteer caregiving program of The Robert Wood Johnson Foundation. Faith in Action makes grants to local groups representing many faiths who work together to care for their neighbors who have long-term health needs. There are 1,000 interfaith volunteer caregiving programs across the country.

- **Family Friends**
National Council on the Aging, Inc.
202-479-6672
Website: <http://www.family-friends.org>

This group provides respite (and other services) by matching men and women volunteer age of 50 with families of children who have disabilities or chronic illness. Programs are throughout the country.

- **National Adult Day Services Association, Inc.**
866-890-7357
Website: <http://www.nadsa.org>

This association provides information about locating adult day care centers in your local

- **National Respite Coalition (NRC)**
703-256-9578
Website: <http://www.archrespice.org/NRC.htm>

NRC provides a list of states that have respite coalitions. These state coalitions then list services available in their state. The majority of the information is focused on helping families with special needs children, but lately there has been an effort to enlarge their referral list to include lifespan respite information. The NRC is working to gain passage of national life-span legislation.

- **National Respite Locator Service**
800-473-1727, ext. 222
Website: <http://www.respitemlocator.org/index.htm>

Access a list of sites nationwide. While the vast majority focus on respite care for families with special needs children, the service now assists programs that provide respite for caregivers of adults and the elderly.

- **Shepherd's Centers of America**
Website: <http://www.shepherdcenters.org>
e-mail: staff@shepherdcenters.org

The organization provides respite care, telephone visitors, in-home visitors, nursing home health aides, support groups, adult day care, and information and referrals for all other services available in the community. Services vary by center.

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Training for Family Caregivers

Community-based resources may offer training and classes for family caregivers. Such resources may include: your local hospital; home care agencies; Area Agency on Aging, voluntary agencies, and county and state departments of health.

- **American Red Cross**
202- 303-4498
Website: <http://www.redcross.org>

American Red Cross has developed training programs for family caregivers. You will need to contact your local chapter to find out if there are classes in your area.

- **National Family Caregivers Association**
800-896-3650
Website: <http://www.thefamilycaregiver.org>
e-mail: info@thefamilycaregiver.org

NFCA has developed an educational workshop to teach family caregivers to communicate effectively with healthcare professionals. Check out the NFCA Website to find out if there are workshops scheduled in your community.



Disease Specific and Health Related Agencies and Websites

This list was provided by the National Health Council
Website: <http://www.nhcouncil.org>

- **Alzheimer's Association**
Toll-free: 800-272-3900
Website: <http://www.alz.org>
- **American Autoimmune Related Diseases Association**
Toll-free: 800-598-4668
Website: <http://www.aarda.org>
- **American Cancer Society**
Toll-free: 800-ACS-2345
Website: <http://www.cancer.org>
- **American Diabetes Association**
Toll-free patient information: 800-342-2383
Website: <http://www.diabetes.org>
- **American Foundation for AIDS Research**
Toll-free: 800-39-AMFAR (392-6327)
Website: <http://www.amfar.org>

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Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

- **American Heart Association**
Toll-free: 800-AHA-USA1 (242-8721)
Website: <http://www.americanheart.org>
- **American Kidney Fund**
Toll-free Help Line: 800-638-8299
Website: <http://www.kidneyfund.org> or <http://www.akfinc.org>
- **American Liver Foundation**
Toll-free: 800-GO-LIVER (465-4837) or 888-4HEP-USA (443-7872)
Website: <http://www.liverfoundation.org>
- **American Lung Association**
Toll-free number to connect to local
American Lung Association offices: 800-LUNG-USA
Website: <http://www.lungusa.org>
- **American Pain Foundation**
Toll-free: 888-615-PAIN (7246)
Website: <http://www.painfoundation.org/>
- **American Parkinson Disease Association**
800-223-2732
Website: www.apdaparkinson.org
- **American Stroke Association**
Toll-Free: 888-4-STROKE (478-7653)
Website: <http://www.strokeassociation.org>
- **American Tinnitus Association**
Toll-free: 800-634-8978
Website: <http://www.ata.org>
- **ALS Association**
Toll-free: 800-782-4747
Website: <http://www.alsa.org>
- **Arthritis Foundation**
Toll-free 800-283-7800
Website: <http://www.arthritis.org>
- **Asthma & Allergy Foundation of America**
Toll-free: 800-7-ASTHMA
Website: <http://www.aafa.org>

- **Cancer and Careers**
Website: www.cancerandcareers.org Cancer and Careers is committed to changing the face of cancer in the workplace by providing a comprehensive website, free publications, series of support groups and educational seminars for employees with cancer.
- **Cancer Financial Assistance Coalition**
Website: www.cancerfac.org
Phone: 800-813-HOPE (813-4673) CancerCare, a member of the coalition. Search website by location or diagnosis to find organizations that provide financial help for your specific situation.

CAREGIVING RESOURCES

Source: *The Family Caregiver.org*

- **Cancer Research and Prevention Foundation**
Toll-free: 800-227-CRFA (227-2732)
Website: <http://www.preventcancer.org>
- **CHADD**
(Children and Adults with Attention-Deficit/Hyperactivity Disorder)
Toll-free: 800-233-4050
Website: <http://www.chadd.org>
- **Crohn's & Colitis Foundation of America**
Toll-free: 800-343-3637 (to order brochures and for general information)
Website: <http://www.cdfa.org>
- **Cystic Fibrosis Foundation**
800-FIGHT CF (344-4823)
Website: www.cff.org
- **Easter Seals**
Toll-free: 800-221-6827
Website: <http://www.easter-seals.org>
- **Epilepsy Foundation**
Toll Free: 800-332-1000
Website: <http://www.epilepsyfoundation.org>
- **The Foundation Fighting Blindness**
Toll-free: 888-394-3937
Website: <http://www.blindness.org>
- **Huntington's Disease Society of America**
Toll-free: 800-345-HDSA
Website: <http://www.hdsa.org>
- **Kidney Cancer Association**
Toll-free: 800-850-9132
Website: <http://www.kidneycancerassociation.org>
- **The Leukemia & Lymphoma Society**
Toll-free: 800-955-4572
Website: <http://www.leukemia-lymphoma.org>
- **Lupus Foundation of America**
Toll-free information request line: 800-558-0121
Website: <http://www.lupus.org>
- **March of Dimes Birth Defects Foundation**
March of Dimes Resource Center
Toll-free: 888-663-4637
Website: <http://www.modimes.org>
- **Mesothelioma Web**
Toll-free: 877-367-6376
Website: <http://www.mesotheliomaweb.org>
- **Muhammad Ali Parkinson Center**
602.406.4931
Website: <http://www.maprc.com>
- **Myasthenia Gravis Foundation of America**
Toll-free: 800-541-5454
Website: <http://www.myasthenia.org>

CAREGIVING RESOURCES

Source: [The Family Caregiver.org](http://TheFamilyCaregiver.org)

- **Myositis Association**
Toll-free: 800-821-7356
Website: <http://www.myositis.org>
- **National Down Syndrome Society**
Toll-free: 800-221-4602
Website: <http://www.ndss.org>
- **National Hemophilia Foundation**
Toll-free: 800-42-HANDI (424-2634)
Website: <http://www.hemophilia.org>
- **National Mental Health Association**
Toll Free: 800-969-NMHA (6642)
Website: <http://www.nmha.org>
- **National Multiple Sclerosis Society**
Toll-free: 800-FIGHT-MS (344-4867)
Website: <http://www.nationalmssociety.org> or <http://www.nmss.org>
- **National Organization for Rare Disorders**
800-999-6673
Website: <http://www.rarediseases.org>
- **National Osteoporosis Foundation**
202-223-2226
Website: <http://www.nof.org>
- **National Psoriasis Foundation**
Toll-free: 800-723-9166
Website: <http://www.psoriasis.org>
- **National Sleep Foundation**
202-347-3471
Website: <http://www.sleepfoundation.org>
- **Osteogenesis Imperfecta Foundation**
Toll-free: 800-981-BONE (2663)
Website: <http://www.oif.org>
- **The Paget Foundation**
Toll-free: 800-23-PAGET (237-2438)
Website: <http://www.paget.org>
- **Partners Against Pain**
888-726-7535
Website: <http://www.partnersagainstpain.com>
- **Sjogren's Syndrome Foundation**
Toll-Free: 800-475-6473
Website: www.sjogrens.org
- **Spina Bifida Association of America**
Toll-free: 800-621-3141
Website: <http://www.sbaa.org>
- **Tourette Syndrome Association, Inc.**
Toll-free: 888-4-TOURET (486-8738)
Website: <http://www.tsa-usa.org>
- **Tuberous Sclerosis Alliance**
Toll-free: 800-225-6872
Website: <http://www.tsalliance.org>

CAREGIVING RESOURCES

Source: *The Family Caregiver.org*

- **United Ostomy Association**
Toll-free: 800-826-0826
Website: <http://www.uoaa.org>
- **United Cerebral Palsy**
800-872-5827
Website: www.ucp.org