

Resource & Services Guide for Caregivers and Families

Financial Resources & Tools

Every day in America millions of people are stepping into the role of caregiver for their loved ones and family members. This role can be challenging and can also be a burden on your finances and resources.

Being prepared and having an understanding of the resources available to those living with cognitive health issues and their families is essential to ensure financial security and stability.

Budgeting & Financial Planning

“Financial Steps for Caregivers: What You Need to Know About Protecting Your Money and Retirement” is a great resource that provides information and tips to caregivers on how understanding the cost of caregiving and how to plan for it in with a realistic approach. For more information about financial planning visit: www.wiserwomen.org

Covering the Cost of Care & Treatment

“Money Matters” is a brochure from our partners at the Alzheimer’s Association that provides information for caregivers and those living with dementia on how to identify resources to help cover the cost of care and treatment like Medicaid, managed care options, and other financial options. For more information visit the Alzheimer’s Association at www.alz.org

Legal Resources & Tools

When illness or disease strikes a loved ones knowing what legal documents you may need is important. Having these documents accessible and tailored to meet the needs of the family and the person living with dementia or other debilitating diseases can help to save time and reduce stress.

Wills & Power of Attorney

“Legal Plans: Assisting a person with dementia in planning for the future” This is another great resource from our friends at the Alzheimer’s Association that discuss how to navigate legal issues and challenges for someone with dementia or cognitive disability. It provides information about legal ability, consent, and how to identify and secure legal documents needed to help care for your loved ones as they age or their illness progresses. For more information this resources and others visit www.alz.org

Advanced Medical Directives

“Advanced Directives: A Family Caregiver’s Guide” – This guide from United Hospital Fund provides information about advanced directives and legal implications related to the actual medical care and services being provided to your loved one. It helps caregivers plan ahead for long-term and end of life care that may be needed for their family member(s). For more information visit www.nextstepincare.org

Community Support & Services

Caregivers have an unimaginable level of responsibility and they need to have the support of their family, the community, and others to help reduce stress, prevent burnout, and to be successful in caring for their loved ones living with dementia or other debilitating diseases like epilepsy and stroke.

Care Coordination

The **Care Coordination Guide** created by the United Hospital Fund is a great tool for caregivers. It provide realistic tools and information on how to manage and coordinate the duties and demands of caregiving. For more information and other resources visit www.nextstepincare.org

Eldercare & Other Services

Meal services, transportation, or just someone who can give caregivers a much needed break are necessary and can be challenging to find if you don't know what's available in your area. The **Eldercare Locator** is a great tool to find these services and other in your local community to provide assistance to caregivers and their loved ones. Visit them on the web at www.eldercare.gov for more information

Taking Care of Yourself

Taking care of yourself is vital to meet the demands of caring for your loved one. Staying active, eating healthy, and getting rest are all ways to be a good caregiver.

Options to Get Active

Physical activity helps to increase your energy levels and is a great way to also reduce stress. The **National Institute on Aging's "Go4Life"** guide provides some quick tips on how both caregivers and their loved ones can get active and stay active. To learn more visit www.nia.nih.gov/Go4Life

Assessing Your Own Health

Some studies show that more than 50% of caregivers report a decline in their own health making it harder to care for their loved ones. This **Caregiver Health Self-Assessment** is a great tool to see where you are and if it's time to see your provider so that you can maintain the health of you and your family. See more videos and resources at www.caregiving.org