

Caregiver Resources

At some point during your caregiver journey, you most likely will need to find resources to ease your load. Below are some formal resources, but remember to utilize your informal resources as well: a neighborhood kid to mow your lawn, prayers from your church members, a friend or family member who is happy to hear from you day or night, drive-thru pharmacies that enable you to bring your loved one with you, etc.

Helpful Websites

(Any links to external Web sites are provided as a courtesy. They should not be construed as an endorsement by Abbey Hospice or the content or views of the linked materials.)

- www.netofcare.org
Has great information on caregiving at home, especially pain and symptom control.
- www.alzonline.net
Has online caregiver classes, as well as helpful information on Alzheimer's Disease and Dementia.
- www.caregiver.com
This is one of our favorites! It has current articles on caregiving, e-newsletters, a place to post questions, and is very user-friendly.
- www.thehospice.org
This organization provided training to us to develop The Caregiver Journey. Their website has several great tools and tips for caregivers.
- www.ec-online.net
Provides a wealth of resources on aging, nursing home standards, and more. Also has an online chat group.
- www.caregiver.org
Sponsored by the Family Caregiver Alliance, this site has everything from public policy and research to Medicare answers to caregiver tips.
- www.caregiverslibrary.org
Find hundreds of articles, forms, checklists and links to topic-specific resources.
- www.hearttoheartradio.org
Includes a series of three radio sessions (one hour each) on caring for the terminally ill.

➤ www.caregiveraction.org

This site has great encouragement and tools for caregivers, as well as some practical tips.
Operated by the National Family Caregivers Association.

➤ www.webmd.com

Most comprehensive website for health information. Note: we recommend using this as a tool to use in partnership with your doctor, not to replace individualized medical attention.