

## Caregiver Resources

### Incredibly Useful Web sites for Family Caregivers

#### **Description of the topic**

Caregivers and their families are often looking for good Internet resources. Identified here is a selected list of Web sites for family members and others caring for persons with Alzheimer's. The list also contains links to resources on caring for the caregiver. Each site is unique and aimed at providing current, practical, and expert advice.

Alzheimer's Association National Office.  
Chicago, IL.

Comprehensive information for family caregivers is available at [www.alz.org](http://www.alz.org). The materials cover a robust selection of information on caregiving and caring for oneself.

#### *Alzheimer's Association Publications.*

This Web page provides access to consumer and professional materials published by the Alzheimer's Association. It links to more than one-hundred-forty-six brochures, fact sheets, and reports, including a full scope of caregiving information on Alzheimer's disease. The materials are free to download.

[http://www.alz.org/alzheimers\\_disease\\_publications.asp](http://www.alz.org/alzheimers_disease_publications.asp)

#### *Living with Alzheimer's.*

This Web page provides information to help caregivers adapt to daily routines and changes in persons with Alzheimer's. Additionally, there is information on financial matters and Medicare and Medicaid programs. Noteworthy is the link to Alzheimer's Association *CareFinder*<sup>™</sup>, an interactive tool to help families identify individual needs and preferences regarding home and residential care, and the Message boards, a venue for talking with other caregivers.

[http://www.alz.org/living\\_with\\_alzheimers\\_4521.asp](http://www.alz.org/living_with_alzheimers_4521.asp)

Alzheimer's Disease Education and Referral Center (ADEAR)  
Silver Springs, MD.

*Caregiver Guide, 2009.*

This online booklet of tips for caregivers of people with Alzheimer's disease from the National Institute on Aging provides advice on a comprehensive array of caregiving topics. Noteworthy is the easy to read, bullet-point format. Free copies are available at 800-438-4380 or online.

<http://www.nia.nih.gov/alzheimers/publication/caregiver-guide-tips-caregivers-people-alzheimers-disease>

*Connections (newsletter) and email alerts*

Features articles, resources, information, and event listings. Individual copies and print or electronic subscriptions are free by calling 800-438-4380, ordering online, or downloading.

<http://nacanet.nia.nih.gov/Alzheimers/ResearchInformation/Newsletter>

American Medical Association, 2006.  
Chicago, IL.

*Caregiver Self Assessment Tool.*

A checklist to help caregivers take stock of their own well being and minimize risks to their health.

<http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/geriatric-health/caregiver-health/caregiver-self-assessment.page>

Elder Care Online.

Islip, NY.

*Alzheimer's and Dementia Care Channel.*

Guest authors provide solutions to challenging behaviors and offer advice to caregivers on coping and taking care of oneself.

<http://www.ec-online.net/alzchannel.htm>

Family Caregiver Alliance.

San Francisco, CA.

For those caring for family members with chronic health conditions of all kinds, this Web site offers factsheets, monographs, policy and statistical documents, and consumer and training materials on caregiving and caring for oneself. A range of dementia specific caregiving materials is located under the *Fact Sheets & Publications* tab on the home page and a factsheet at

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=567](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=567)

<http://www.caregiver.org>

Geriatric Research, Education and Clinical Center (GRECC).  
Minneapolis, MN.

*Caring for a Patient with Dementia.*

Offers detailed brochures containing practical information not easily found elsewhere. Notable are such topics as the role of the caregiver, dealing with declining abilities, how to work with service agencies and healthcare providers, and holding family meetings.

[http://www.minneapolis.va.gov/services/grecc/serv\\_gre\\_caregiver.asp](http://www.minneapolis.va.gov/services/grecc/serv_gre_caregiver.asp)

Mayo Clinic, 2006.

Rochester, MN.

*Alzheimer's Care: Practical Tips.*

Recommends techniques to reduce frustration and encourage flexibility in caregiving. Noteworthy are the related articles that link to specific issues of caregiving and self-care.

<http://www.mayoclinic.com/health/alzheimers-caregiver/HO00125>

MedlinePlus.

Bethesda, MD.

*Alzheimer's Caregivers.*

This Web site from the National Library of Medicine provides links to numerous agencies and organization that have prepared resources on caregiving in the areas of nutrition, coping, finances, research, genetics, legal information and more. Notable is the comprehensive array of related issues on all aspects of Alzheimer care. A Spanish version is available.

<http://www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html>

*Home Care Services.*

This Web site prepared by the National Library of Medicine provides links to numerous agencies and organizations that have prepared resources on identifying, evaluating, and hiring home health care staff. A Spanish version is available.

<http://www.nlm.nih.gov/medlineplus/homecareservices.html>

Rush Alzheimer's Disease Center, 2004.

Chicago, IL.

*The Rush Manual for Caregivers.*

A comprehensive treatment of caregiver issues in thirty chapters. Coverage includes: stages, communication, intimacy, coping, spiritual needs, legal matters, traveling, driving, hygiene, nutrition, and more.

[http://www.rush.edu/Rush\\_Document/CaregiversManual.pdf](http://www.rush.edu/Rush_Document/CaregiversManual.pdf)

Wisconsin Department of Health and Family Services, 2002.

Madison, WI

*Guidelines for Initiating Meaningful, Quality, Home Visits with People Who Have Alzheimer's Disease and Related Dementia.*

Detailed information by stages of the disease on creating a successful environment for visiting; includes tips on listening and speaking.

<http://dhfs.wisconsin.gov/aging/dementia/visits.pdf>

Prepared by the Alzheimer's Association Green-Field Library; (312) 335.9602; fax (866) 699.1238; [greenfield@alz.org](mailto:greenfield@alz.org)