



Resources and Benefits for Caregivers

The series of Caregiver Broadcast is presented by the U.S. Department of Health and Human Services (DHHS) New Freedom Initiative (NFI) Subcommittee on Caregiving. The Committee was established to work across DHHS and includes representation from all agencies within the Department as well as other Federal partners.

The resources contained in this document are drawn from numerous sources by NFI Subcommittee on Caregiving members, speakers and other stakeholders. This Resource List is not intended to be exhaustive or all-inclusive. CMS does not endorse specific products or services of non-federal institutions.

New Freedom Initiative Subcommittee on Caregiving

www.hhs.gov/od/about/fact_sheets/fs4_caregiving.html

This web page, housed on the HHS Office of Disability website, contains background information on the New Freedom Initiative Subcommittee on Caregiving.

Ask Medicare

www.medicare.gov/caregivers/

The Centers for Medicare and Medicaid Services (also known as CMS) has launched an initiative to begin a conversation with people who provide care for a loved one, friend or neighbor. The **Ask Medicare** initiative provides information, tools and materials to assist the caregiver and their loved ones in making informed healthcare decisions. On the website you can also sign up for an e-newsletter for caregivers which is emailed bi-monthly to individuals who sign up. The newsletter provides information on important dates such as open enrollment, changes in the program, etc.

If the loved one you care for is in need of services:

Administration on Aging

www.aoa.gov/

The mission of the Administration on Aging is to assist elderly individuals maintain their independence and dignity in their homes and communities through comprehensive, coordinated, and cost effective systems of home and community-based long-term care across the U.S. AoA works in close collaboration with the Aging Network of states, Area Agencies on Aging, and local community service provider agencies- the most visible, trusted community resources for information access and services.



Information to Help You Care for Others

Visit medicare.gov/caregivers

State Health Insurance Assistance Program (SHIP)

www.shiptalk.org

The State Health Insurance Assistance Program, or SHIP, is a national program available in every state that offers free one-on-one counseling and assistance (over the telephone or in-person) to people with Medicare and their caregivers.

If you need support as a caregiver:

Caring for Caregivers

www.strengthforcaring.com/manual/stress-relieve-stress-managment-tips/caring-for-cargivers/

This website contains information and resources to help care for caregivers who may be experiencing physical illness, depression, grief, and other changes.

Handbook for Long-Distance Caregivers: An Essential Guide for Families and Friends Caring for Ill or Elderly Loved Ones

www.caregiver.org/caregiver/jsp/content/pdfs/op_2003_long_distance_handbook.pdf

This booklet offers a roadmap for those new to the challenges of caring from afar for ill or elderly loved ones. It includes information on: how to assess your care situation; develop a care team; hold a family meeting; access community organizations and private agencies; and balance work and caregiving.

The Alabama REACH Demonstration Project - Caregiver Notebook

www.cmha.ua.edu/CaregiverNotebook.pdf

The state of Alabama received a grant from the Alzheimer's Disease Demonstration Grants to States program at the U.S. Administration on Aging to implement a 3-year program to improve direct services available to family caregivers by applying the Resources for Enhancing Alzheimer's Caregiver Health (REACH) program. REACH is an evidence-based program funded by the National Institute on Aging, which includes in-home social and behavioral interventions that promote skill building. The Caregiver Notebook was a resource given to caregivers participating in the demonstration project.

The National Alliance for Caregiving

www.caregiving.org/

The National Alliance for Caregiving is dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers.

Caring From a Distance

www.cfad.org/

Caring From a Distance is a nonprofit organization created by men and women who personally struggled with the anguish, stress, and frustration of long distance care. Our strength lies in this shared experience and in bringing together our diverse backgrounds to help Caring From a Distance service and help unite the distance-care community.