



FAMILY CAREGIVER EDUCATION SERIES

Webinar: *Making Decisions About Caregiving* – January 2021

Debbie Emerson, M.S., Community Health Educator
CARES® Dementia Specialist (Alzheimer's Association)

PRINT RESOURCES

Chast, Roz. *Can't We Talk About Something More Pleasant: A Memoir* (2014).
Hurme, Sally Balch. *Checklist for Family Caregivers* (American Bar Association/AARP) (2015).
Kriseman, Nancy. *The Mindful Caregiver: Finding Ease in the Caregiving Journey* (2014).
Levine, Carol (AARP). *Navigating Your Later Years for Dummies* (2018). (also available on Kindle)

ONLINE RESOURCES

AARP Long-Term Care Calculator

www.aarp.org/caregiving/financial-legal/info-2017/long-term-care-calculator.html

Aging in Place: Growing Old at Home (article from National Institute on Aging)

www.nia.nih.gov/health/aging-place-growing-old-home

Area Agencies on Aging (Every county in the U.S. has an area agency on aging that provides comprehensive resources and services for elderly and disabled individuals and their caregivers.)

www.n4a.org

CANHR – California Advocates for Nursing Home Reform

(Consumer resources and fact sheets about Medi-Cal, Medicare, and many other topics related to elder care)

www.canhr.org

California Department of Aging (Programs and Services)

www.aging.ca.gov/Programs/ For other states, go to www.hhs.gov/aging/state-resources/index.html

California Paid Family Leave (brochure)

www.edd.ca.gov/pdf_pub_ctr/de2511.pdf

Care Options for Those with Dementia

www.alz.org/help-support/caregiving/care-options

Comparison Charts: Costs for Nursing Homes by State

www.skillednursingfacilities.org/resources/nursing-home-costs/

Eldercare Locator – U.S. Department of Health and Human Services-Administration on Aging

<https://eldercare.acl.gov/>

Family Care Navigator - Family Caregiver Alliance (online tool for finding long term care services in the US)

www.caregiver.org/family-care-navigator

Genworth Financial (provides long term care estimates by geographic area)

www.genworth.com/aging-and-you/finances/cost-of-care.html

Geriatric Care Managers or Certified Senior Advisors (CSA)

Aging Life Care (formerly National Association of Geriatric Care Managers)

www.aginglifecare.org

Hiring In-Home Help (Family Caregiver Alliance)

www.caregiver.org/hiring-home-help

Holding a Family Meeting (Family Caregiver Alliance)

www.caregiver.org/holding-family-meeting

Long Distance Caregiving

https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf

Long-term Care (article that explains options for paying for LTC)

www.nia.nih.gov/health/paying-care

LongTermCare.gov (U.S. Department of Health and Human Services)

<https://longtermcare.acl.gov/the-basics/index.html>

Medicare Fact Sheets and Booklets (downloadable resources)

www.medicare.gov/Publications/Search/Results.asp

Medicare – Care Compare (excellent tool for comparing and evaluating hospitals, doctors and clinicians, nursing homes, home health agencies, dialysis facilities, and hospice agencies)

www.medicare.gov/care-compare/

Medi-Cal Information – California Department of Health Care Services (low income services)

www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx

Moving Your Parents to Senior Living: Making the Difficult Choice

<https://www.aplaceformom.com/planning-and-advice/articles/parents-senior-living-guilt>

National Council on Aging – Benefits Check-up (online tool for determining benefit programs in your area)

www.benefitscheckup.org

National Institute on Aging (National Institutes of Health) – EXCELLENT information on planning for long-term care)

www.nia.nih.gov/health/topics/advance-care-planning

New LifeStyles – The Source for Senior Living (directories of residential facilities throughout the US)

www.newlifestyles.com

Next Step in Care – Downloadable Checklists (excellent!)

www.nextstepincare.org/%20Caregiver_Home/

PACE: Programs for All-Inclusive Care for the Elderly

www.pace4you.org/

Sibling Rivalry: Easing age-based sibling rivalry in caregiving (AARP)

www.aarp.org/home-family/caregiving/info-2014/caregiving-sibling-rivalry-jacobs.html

Residential Care Facilities, Assisted Living, and Nursing Homes (general info about facility care)

www.nia.nih.gov/health/residential-facilities-assisted-living-and-nursing-homes