

Find Support for Caregivers

Family Caregivers Alliance

www.caregiver.org

(800) 445-8106

Provides advocacy and information for caregivers nationwide.

Children of Aging Parents

<http://www.CAPS4caregivers.org>

Provides information on care giving and referrals to support groups, care managers and other resources.

The Well Spouse Association

www.wellspouse.org

Online and local support groups, respite events, a conference, and other resources for spousal caregivers of all ages.

Rosalynn Carter Institute for Caregiving – Caregiver Resources Page

http://www.rosalynncarter.org/caregiver_resources/

Offers links to additional resources for caregivers.

Find Benefits

Benefits Check Up

www.benefitscheckup.org

A free service provided by the National Council on Aging that matches seniors with appropriate state and federal assistance programs.

For Those with Disabilities

disabilities.gov

Department of Veterans Affairs

www.va.gov

(800) 827-1000

Medicare

www.medicare.gov

(800) 6334227

Medicaid

www.medicaid.gov

Social Security Administration

www.ssa.gov

(800) 772-1213

Together Rx Access

www.TogetherRXAccess.com

(800) 250-2839

Provides a free savings card for eligible individuals without prescription drug coverage.

Find Local Professional Assistance

Area Agency on Aging

www.eldercare.gov

(800) 677-1116

Eldercare Locator

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Sponsored by the U.S. Dept. of Health and Human Services

National Association of Geriatric Care Managers

www.caremanager.org

(520) 881-8008

National Academy of Eldercare Law Attorneys

www.naela.org

The Employee Assistance Program can help.

If you would like to obtain no cost counseling, referral or other EAP services, please call **(844) 428-3241** or securely request services at our website: www.espyr.com