**Profile of a Typical Caregiver Helping Seniors**

70% are female

Typically 35-55 Years Old

Typically Paid for 20 hours a week @$20-30 an hour

(Most preferred guaranteed $500 per week with paid vacation time)

Typically, spend time as needed, 12-20 hours a week in a care giving role. This fluctuates as needed and based on honor system.

Transporting and accompanying elders to doctor’s appointment, scribe as necessary

Filling prescriptions and/or providing medication reminders

Buying groceries and/ or transporting them to shop

Cleaning house

Maintaining a home and yard

Paying bills and finances

Cooking meals

Doing laundry

Transporting to social opportunities and/or being a companion

Benefits.gov

Benefitscheckup.org

Senate.gov – senator that lives in the area and ask for the elder affairs staff specialist

House.gov elder affairs staff specialist info on programs, benefits and advocate

Eldercare.gov huge database with trusted local support and programs

Agingcare.com/local/area-agency-on-aging

Selfcare and support groups

Crossroadsu.org/caring-for-the-caregiver

Dailycare.com

Familycaregiving101.org

Caregiver.com

Wellspouse.org

Caregiveraction.org

Elizz.com/services/caregiver-coach fee based service to short cut the process of preparing and executing a care giving plan.

Caringbridge.org create a website to share updates and coordinate resources

Caregiver.org

Lotsahelpinghands.com online calendar to organize requests for support meals rides appointments

Nextstepincare.org/caregiver\_home

Report abuse including self neglect

Napsa-now.org/get-help/help-in-your-area

Ncea.acl.gov/resources/state.html

Stopguardianabuse.org

<http://www.nextavenue.org/how-find-best-residential-care/>