

“How to” resources for caregivers

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I know you want to provide exceptional care to your loved one, and I hope these resources will help. - Gale

American Nurse Association

Patient teaching videos from Supporting Family Caregivers: No Longer Home Alone series

http://journals.lww.com/ajnonline/_layouts/15/OAKS.Journals/feed.aspx?FeedType=MostPopularVideos

14 Holistic Stress Management Tools, from The American Holistic Nurses Association

<http://www.ahna.org/Home/Resources/Stress-Management>

United Hospital Fund, Next Step in Care, ‘For Family Caregivers’ section

Numerous guides and downloads, often available in English, Spanish, Chinese and Russian

http://www.nextstepincare.org/Caregiver_Home/

“Building Better Caregivers” workshop for caregivers of veterans

National Council on Aging <https://www.ncoa.org/>

National Council on Aging and Center for Healthy Aging

Newsletter and caregiver information

Go4Life

www.nia.nih.gov/go4life

Exercise / physical activity program encouraging older adults to be more active

Resources for caring for someone with dementia

Alzheimer’s Association

Caregiver pages

<http://www.alz.org/care/>

Online support groups, local chapters, and caregiver information on day-to-day issues including behaviors, communication, activities, respite care, and memory loss.

National Alzheimer’s Project Act (NAPA)

www.aspe.hhs.gov/daltcp/napa/

Goal is to “build upon and leverage HHS programs and other federal efforts to help change the trajectory of Alzheimer’s disease and related dementias”

National Plan to Address Alzheimer’s disease

www.aspe.hhs.gov/daltcp/napa/natlplan2013.shtml

TLC Resource Center

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