

Information and support groups for family caregivers

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I hope that at least something on this list is of help to you and your loved one. - Gale

The Caregiver Resource Center of AARP (American Association of Retired Persons)

<http://www.aarp.org/home-family/caregiving/>

Local service guides, blogs and support groups, "Prepare to Care" guide (English, Spanish, Chinese), Caregiving Q&A Tool, Information includes legal, financial, planning, end-of-life planning/care, care guides, self care, and more.

Caregivers of people active or recovering from substance abuse

www.Recovery.org

Articles, links to support groups, forums

CareGiving.com

<https://www.caregiving.com/>

The website of Denise M. Brown, professional caregiving coach and speaker. Podcasts, blogs, books, videos, chat rooms, tip sheets

AgingCare.com

<https://www.agingcare.com/>

Tips, blogs and guides regarding many caregiving topics.

The Caregiver Space <http://thecaregiverspace.org>

"A place to ask questions, share experiences, get real answers, or just get things off your chest."

Caring.com

www.caring.com

"Caring.com is the leading online destination for family caregivers seeking information and support as they care for aging parents, spouses, and other loved ones. Caring.com offers helpful content, advice from leading experts, a supportive community of caregivers, and a comprehensive directory of eldercare services. Caring.com's carefully researched and expert-reviewed content includes advice from a team of more than 50 trusted leaders in geriatric medicine, law, finance, housing, and other key areas of healthcare and eldercare." "Caring.com's [Steps & Stages](#) offers a free guide to Alzheimer's care. Expert advice and practical tips provided in a Custom Care Guide and e-newsletter help family caregivers learn what to expect, what to do, and how to cope with Alzheimer's."

Caring.com also publishes findings from research with family caregivers at <http://www.caring.com/about/news>.

Caregiver Action Network

<http://www.caregiveraction.org/>

Resources from the Caregiver Action Network, including a Peer Forum, a Story Sharing platform, the Family Caregiver Tool Box and more. CAN also provides support for rare disease caregivers at <http://www.rarecaregivers.org>

The National Alliance for Caregiving

www.caregiving.org.

“Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of 80+ state and local caregiving coalitions and serves as Secretariat for the International Alliance of Carer Organizations.”

Wise use of wellness information

The TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman provide general and educational information about health and wellness. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. Never disregard medical or professional advice, stop medical care, or delay seeking medical care because of something you read on this website or a linked website, or otherwise learned from TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman.

TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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