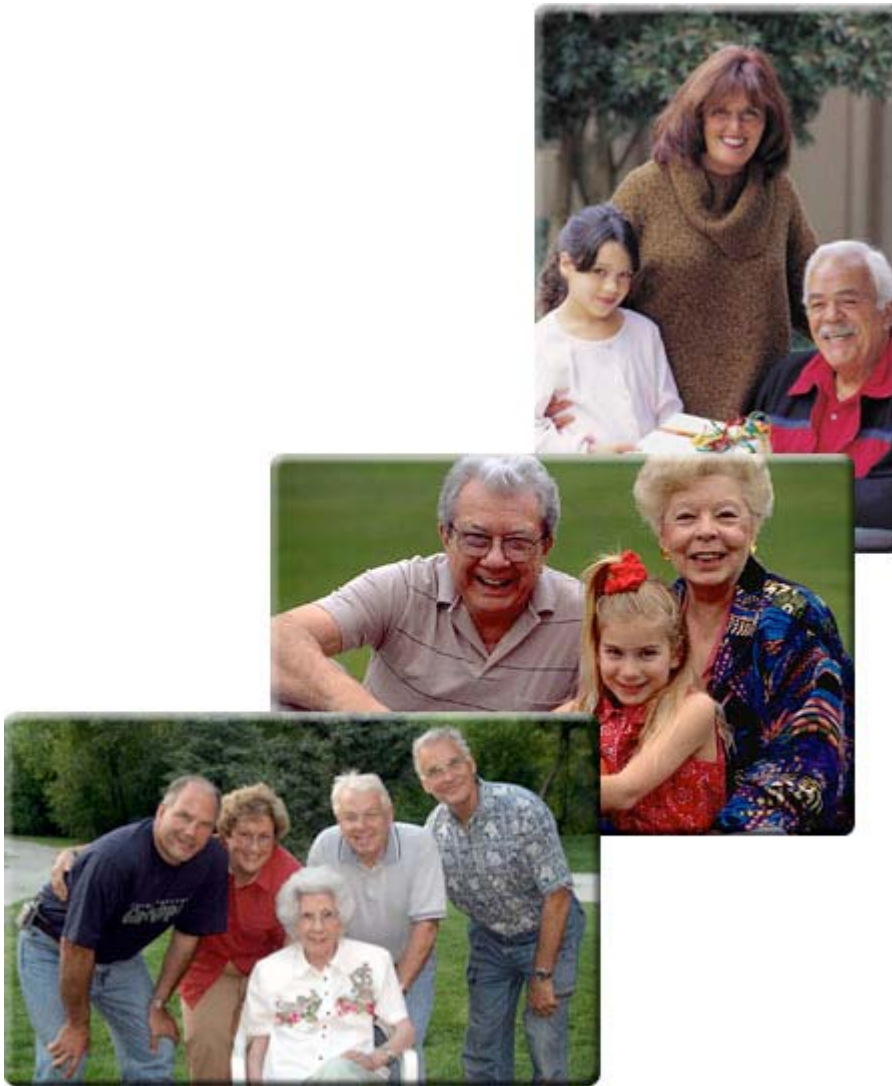


**FACES:**  
**Families Accessing Caregiving Educational Support**  
**Resources for Caregivers**



[http://www.eiu.edu/~ma\\_geron/](http://www.eiu.edu/~ma_geron/)

## **HOTLINES**

### Illinois Department on Aging

(800) 252-8966

In addition to local information and assistance sites, the Senior HelpLine provides information on programs and services and links persons 60 years of age and older and their caregivers to local services.

### Alzheimer's Association

(800) 272-3900

Provides information packets and phone numbers for local chapters, which in turn will assist with the complete array of medical and social services.

### Safe Return Hotline

(888) 572-8566

Provides information on how to join the Alzheimer's Associations' identity registration program as a precaution for patients who may wander away from home.

### Alzheimer's Disease Education and Referral Center (National Institute on Aging)

(800) 438-4380

Provides pamphlets and referrals to other agencies

### American Health Care Association

(202) 842-4444

Provides information on how to choose an assisted living facility or nursing home, and referral to a state chapter which will provide a specific list of local facilities.

## **WEBSITES**

### National Family Caregiver Support Program

<http://www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp>

Where families, caregivers, and professionals can find information about The National Family Caregiver Support Program, including: where you can turn for support and assistance, and providing services to caregivers.

### National Family Caregivers Association

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

The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age. NFCA reaches across the boundaries of diagnoses, relationships and life stages to help transform family caregivers' lives by removing barriers to health and well being.

USA.gov

<http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>

Official information and services from the U.S. government.

AARP

<http://www.aarp.org/families/caregiving/>

Guide to caregiving including sources for: planning ahead, providing care at home, learning from others, and information and resources for caregivers.

Caregiver.com

<http://www.caregiver.com>

A leading provider of information, support and guidance for family and professional caregivers.

Caring Connections

<http://www.caringinfo.org>

A program of the National Hospice and Palliative Care Organization (NHPCO) is a national consumer and community engagement initiative to improve care at the end of life, supported by a grant from The Robert Wood Johnson Foundation.

National Caregivers Library

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

It consists of hundreds of articles, forms, checklists and links to topic-specific external resources. The library is organized into the eighteen Caregivers Resources categories, which appear to your immediate left.

## **RECOMMENDED BOOKS**

[My Turn To Care, Encouragement for Caregivers of Aging Parents.](#)

by Marlene Bagnall. Ampelos Press

[Caregiver's Reprieve: A guide to Emotional Survival When You're Caring For Someone You Love,](#)

by Arverne Brandt. Impact Publishing

[Circle of Years: A Caregiver's Journal.](#)

by Houston Hodges, Moorehouse Publishing

[Love, Honor & Value: A Family Caregiver Speaks Out](#)

by Suzanne Mintz,

[Alzheimer's Early Stages: First Steps in Caring and Treatment,](#)

by Daniel Kuhn. Publisher's Press, 1999.

[There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's,](#)

by Michael Castleman, Matthew Naythons and Dolores Gallagher-Thompson

[Cooking Well for the Unwell : More Than One Hundred Nutritious Recipes,](#)  
by Eileen Behan. Hearst Books, 1996.

[Elder Law: A Legal and Financial Survival Guide for Caregivers and Seniors,](#)  
by Peter J. Strauss and Nancy M. Lederman. G K Hall & Co., 1996.

[Reversing Memory Loss: Proven Methods for Regaining, Strengthening, and Preserving Your Memory,](#)  
by Vernon H. Mark and Jeffrey P. Mark. Houghton Mifflin, 2000.

[Keep Your Brain Alive: 83 Neurobic Exercises,](#)  
by Lawrence Katz. Workman Publishing, 1999.

## **ONLINE DISCUSSION**

### [Alzheimer List](#)

Daily email contact between caregivers all over the world. Anyone can subscribe for free, and either actively participate or "lurk." Highly recommended.

### [Caregivers Message Boards](#)

[http://www.nfcacares.org/connecting\\_caregivers/caregiver\\_message\\_boards.cfm](http://www.nfcacares.org/connecting_caregivers/caregiver_message_boards.cfm)

## **LEGAL ASSISTANCE**

### [Nolo online law center: elder care](#)

Provides legal assistance in preparing wills, settling power-of-attorney, etc.

[Elder Law: A Legal and Financial Survival Guide for Caregivers and Seniors,](#)  
by Peter J. Strauss and Nancy M. Lederman. G K Hall & Co., 1996.

## **EQUIPMENT**

Products for safety, comfort and amusement

### [The Alzheimer's Store](#)

(800) 752.3238

Online catalog of caregiver-specific safety and health products

Caregiver Products.com

<http://www.caregiverproducts.com/>

Caregiver Products from The Wright Stuff, Inc. specializes in caregiving products, disability aids, elderly care products, nursing home supplies, home medical supplies and equipment products that help make life easier for caregivers and care recipients.