

Online Resources for Family Caregivers



Great Starting Points

North Carolina Division of Health & Human Services - Aging & Adult Services

<https://www.ncdhhs.gov/divisions/division-aging>

The Division of Aging works to promote the independence and enhance the dignity of North Carolina's older adults, persons with disabilities and their families.

North Carolina Area Agencies on Aging - Durham Co. is Region J – Central Pines

www.centralpinesnc.gov

Member driven organization serving as a leading resource to connect communities and enhance their strategic priority outcomes through regional policy, collaboration, and technical assistance at the local, regional, and state level.

Tip: start a search for support and services with the area agency on aging that serves the person needing assistance. Ask about management, home delivered meals, adult day services, transportation, and other available services.

Dementia/Alzheimer's Resources

Dementia Alliance of North Carolina

www.dementianc.org

Provides personal, individualized support to families from across the state through an intentional model of support; one caregiver, one individual and one interaction at a time. Programs offer CARE – Comfort, Assistance, Resources and Education to individuals and families living with dementia.

Programs include Music & Memory at home that is a free program for North Carolinians living with dementia to find renewed joy, wellbeing and connection through access to musical favorites. Applicants must be living at home and have a diagnosis of dementia.

Alzheimer's Association

www.alz.org

This association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection and maximizing quality care and support.

Lewy Body Dementia Association

<https://www.lbda.org/>

Nonprofit organization dedicated to raising awareness of Lewy body dementias, supporting those with LBD, providing resources to families and caregivers, and promoting scientific advances.

Duke Dementia Family Support Program

<https://dukefamilysupport.org/>

Duke program that focuses on providing dementia education, support, and engagement. This program offers several free services, including dementia consultations, educational webinars, social engagement opportunities, and a variety of tailored support groups.

Durham Center for Senior Life Adult Day Health Program

<https://dcsInc.org/adult-day-health/>

Therapeutic program dedicated to helping older adults maintain social, emotional, and physical well-being that offers an alternative to early institutional placement. DCSL provides USDA approved meals and snacks, social engagement with a community of peers, a safe, home-like environment, and a variety of services, including medical supervision and health monitoring under a dedicated staff of nurses and caregivers.

Durham Center for Senior Life Family Caregiver Support Program

<https://dcsInc.org/caregiver-support/>

Program that offers a multifaceted system of services to support caregivers, like information and assistance regarding local available resources, options counseling for making decisions and solving problems, monthly support group and newsletter designed to teach caregivers how to manage stress and provide for their loved ones.

Health Condition Resources & Support Groups

Parkinson's Foundation

<https://www.parkinson.org/>

Nonprofit foundation that strives to improve care, advance research, and build a community for Parkinson's disease. They provide free resources and support like helpline specialists, online education, and local support groups and wellness classes.

Parkinson Association of the Carolinas

<https://www.parkinsonassociation.org/>

Nonprofit organization that supports those with Parkinson's disease through education, empowerment, and community outreach. They provide peer-to-peer support networks, educational symposiums for patients, and free movement therapy programs. This organization is based in the Carolinas so events are all over North and South Carolina.

American Dance Festival Parkinson's Programs

<https://americandancefestival.org/parkinsons-programs/>

Program with the organization American Dance Festival that offers free in-person and online movement classes.

National Parkinson's Foundation

www.parkinson.org/understanding-parkinsons

Find local chapters and support groups, learn about services and recent research updates, find resources for caregivers, patients and professionals.

Brain Injury Association of North Carolina (BIANC)

www.bianc.net

501(C) (3) non-profit organization and an affiliate of the Brian Injury Association of America (BIAA). Offers help, hope, and a voice for persons living with brain injury and their families.

The ARC of the Triangle

www.arctriangle.org

Triangle Disability & Autism services supports children and adults with intellectual and/or developmental disabilities and autism in the achievement of their personal goals and dreams in our community through partnership and advocacy.

Autism Society of North Carolina

www.autismsociety-nc.org

Improves the lives of individuals with autism, supports their families, and educates communities.

Easter Seals

www.easterseals.com

Offers important disability and community services like critical health programs, therapies, and much more.

Epilepsy Foundation

www.epilepsy.com

Learn about raising awareness, educating public, funding research, and making connections. This website focuses on epilepsy and seizures.

Learning Disabilities Association of North Carolina

www.ldanc.org

Provides support to people with learning disabilities, their parents, teachers and other professional with innovative information on learning disabilities, practical solutions, and a comprehensive network of resources.

National Alliance on Mental Illness

www.nami.org

The “go-to” website to learn more about mental illness and find support. It also addresses ways to get involved.

Tip: Check out “find support” for information especially for family members/caregivers.

Spina Bifida Association

www.spinabifidaassociation.org

Connect to learn about programs, resources and services focused on enhancing the lives of all affected by Spina Bifida.

Resources for Caregiver Connections

211 Resource Line

www.211.org

Connects you to expert, caring help 24/7. Most comprehensive source of information about local resources and services in the country.

AARP Caregiver Resource Center

www.aarp.org/relationships/caregiving

Includes both on-line and to-order information for AARP resources.

Tip: Search through the menu to connect with information about driver safety, grief and loss and housing choices.

Caregiver Action Network

www.caregiveraction.org

Link to national association that educates, supports, empowers and advocates those providing care for loved ones. It has a virtual library of information and educational materials.

Family Caregiver Alliance

www.caregiver.org

Composed of multiple links and an especially good list of publications available in English, Spanish, and Chinese. Scroll down the center bar for fact sheets on medication and dementia care as well as a handbook for long-distance caregivers.

Long Term Care Community Coalition: Assisted Living 411

www.nursinghome411.org/assisted-living-guidebooks-fostering-independence-choice-and-decision-making

A Guide for Potential Residents helps potential residents and their families choose assisted living facility with the right fit for the resident. A Guide for current residents helps those living in an assisted living facility assess whether the facility meets their needs and how they can work with staff and residents to make it better. Two additional guides address concerns of assisted living staff and managers.

National Alliance for Caregiving

www.caregiving.org

Contains research reports, tips for family caregivers and links to many other resources.

Tip: Choose links from the sidebar to go to a wealth of topically arranged caregiving support links.

National Institute on Aging

www.nia.nih.gov

Link to publications and ongoing research.

Today's Caregiver

www.caregiver.com

Provides an online newsletter and magazine. Caregiver Media Group provides information and support for family and professional caregivers.

Rosalynn Carter Institute for Caregiving

www.rosalynncarter.org

Focuses on research, education, training, and resources for professional and family caregivers to build home and community-based services.

Best Programs for Caregivers (BPC)

<https://bpc.caregiver.org/>

Made possible by the John Hartford, Archstone, and RRF Foundation for Aging. Free directory for caregivers to use who are caring for a loved one with Dementia. Find programs offered in-person or via web or phone in multiple languages. Identify programs to reduce caregiver stress & improve well-being. Learn skills and techniques to gain confidence in caregiving.

NC Caregiver Portal “Trualta”

www.trualta.com

Online support and education to give caregivers the confidence they need to provide better care at home and improve health outcomes.

VA Caregiver Support Program

www.caregiver.va.gov

https://www.caregiver.va.gov/pdfs/FactSheets/CSP_PGCSS_Fact_Sheet.pdf

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.

Caregiver support line: 855-260-3274 (toll-free); Monday – Friday 8AM – 10PM and Saturday 8AM – 5PM Eastertime.

Benefits Check-up

www.benefitscheckup.org

Helps people ages 55 and over find sources that may pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services. Includes Benefit Check-up to help with cost of living items such as heating bills, meals, taxes and more and Benefits Check-up RX to find the best combination of programs to lower the cost of medications. This is a service of the National Council on Aging.

Tip: Have the necessary information readily available before you try to use this free service. Each category begins with “click here to see if you need to gather any information” and takes you to a comprehensive list of items you will need.

Centers for Medicare and Medicaid Services (CMS)

www.cms.hhs.gov

Includes complete information about Medicare and Medicaid services including statistics and a slide show highlighting key features and consumer information. Tip: Go to the categories across the top and choose consumer information. For an easy list of phone numbers, scroll to the bottom of the homepage and click on phone numbers.

Hospice Foundation of America

www.hospicefoundation.org

Offers excellent on-line and to-order resources on end-of-life care and grief along with information on educational programming and information about hospice



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