



Attention Family Caregivers

- Find information, support, and services on-line

Aging and Disability Services Administration: <http://www.adsa.dshs.wa.gov/caregiving/>

This site provides information about Family Caregiver Support Program services throughout Washington State. It includes answers to frequently asked questions about caregiving, offers free publications about caregiving to download or order, on-line listings of adult family homes, boarding homes or nursing homes by county, and links to disease-specific organizations and other caregiving websites.

American Association of Retired Persons (AARP): www.aarp.org

This site has a caregiving section that discusses caregiving options and includes information on caregiver support, long-term care financing, help with home care, housing options, assistive devices, and caregiving for adult children. Click on “Life Answers” on the main page to access caregiving information.

Benefits Check Up: www.benefitscheckup.org

Comprehensive online service to screen for federal, state and some local private and public benefits for older adults (ages 55 and over). This site includes a detailed description of the programs, local contacts for additional information and materials to apply for these programs.

Caregiver.com: www.caregiver.com

This site includes topic-specific newsletters, online discussion lists, chat rooms and an online store. You can get a free subscription to the on-line magazine, *Today's Caregiver* that offers articles on a broad range of subjects related to caregiving.

Children of Aging Parents: www.careguide.com

Features a full range of services, articles and resources for eldercare. Visitors can explore the site using their Resource Guide, or find what they need by taking their elder situation assessment.

Eldercare Locator: www.eldercare.gov/Eldercare/Public/Home.asp

The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services throughout the country. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. Call the Eldercare Locator toll-free at 1-800-677-1116.

Empowering Caregivers: www.care-givers.com

This site offers a link to assistance, education, support and referrals for informal family caregivers. Caregivers can subscribe to an email newsletter as well as participate in chat rooms and on-line message boards.

National Alliance for Caregivers: <http://www.caregiving.org/>

This site provides national database of information on Medicare, caregiver resources, and referrals to local programs in your area.

Family Caregiver Alliance: www.caregiver.org

This California organization's web site has a series of caregiver fact sheets, a statistics and research section with several research articles of interest to caregivers, and links to other useful resources.

National Caregiver's Library: <http://www.caregiverslibrary.org/>

Hosted by Family Care America, this online resource has an extensive online library with hundreds of articles for caregivers.

National Family Caregivers Association (NFCA): www.nfcacares.org

Provides caregivers with tips, advocacy updates, and information on communicating effectively with healthcare professionals. The site also offers a section on sharing your caregiving story, where family caregivers can write in to share their personal caregiving experience.

Northwest Justice Project: www.nwjustice.org

Up-to-date information on Medicaid (financial assistance with long-term care), SSI, estate recovery, guardianship, Social Security, wills and probate and more.

Strength for Caring: <http://www.strengthforcaring.com/>

Strength for Caring is an online resource and community for family caregivers as part of The Caregiver Initiative, created by Johnson & Johnson Consumer Products Company.

Washington State Office of the Insurance Commissioner: <http://www.insurance.wa.gov/>

Offers popular consumer publications on discount plans for healthcare, prescription drug services, health insurance options and information on long term care insurers. Offers comparative information on Medicare and Medigap plan options.

Note: *This list is neither a comprehensive list of on-line resources nor an endorsement of the included organizations. It is intended as a starting point on your search for information. Most of these sites provide links to other organizations, and some have phone lines included in case you want to call for more information. Website content and addresses tend to change quickly, we apologize if sites change content or become unavailable.*

To find your Family Caregiver Support Program, call 1-800-422-3263.

Or, visit our web site at www.adsa.dshs.wa.gov