**Caregiver Resource List**

**On-line Support Groups**

Alzheimer’s Association Virtual Support Groups: Alz.org or call 1-800-272-3900

American Cancer Society: Caregiver resources and support. Cancer.org

Caregivers Assist Support Group

Caregivers Connect

Caring for Elderly Parents

Caring for the Caregiver Support Group

Dementia Caregivers Support Group

Memory People – Alzheimer/dementia and memory impairment support

The Caregiver Space Community

**Websites**

Aarp.org

Archrespite.org – National Respite Network & Resource Center

Caregiveraction.org - Caregiver Action Network

Caregiving.org – National Alliance for Caregiving

Caregiver.org – Family Caregiver Alliance

Caring.com

Ec-online.net – Eldercare Online

Eldercare.acl.gov – Eldercare locator

nia.nih.gov – National Institute on Aging

Rosalynncarter.org – Rosalynn Carter Institute for Caregiving

Thecaregiverspace.org

**Books**

*Caregiver’s Survival Guide: Caring for Yourself While Caring for a Loved One,* Robert Yonover & Ellie Crowe, 2018.

*Creating Moments of Joy Along the Alzheimer’s Journey,* Jolene Brackey, 2017.

*Role Reversal: How to Take Care of Yourself and Your Aging Parents*, Iris Walchler, 2016.

*Where the Light Gets In: Losing My Mother Only to Find Her Again*, Kimberly Williams-Paisley, 2016.

**Help Lines**

Alzheimer’s Association: 24/7 Help Line 800-272-3900

Cancer Support Community Helpline: 888-793-9355

VA Caregiver Support Line: 855-260-3274

**Apps**

Breathe2Relax

SAM (self-help for anxiety management)

Insight Timer - meditation

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