

Caregiving Basics

Caregiving requires that you balance many issues including every day care, health care, and safety for your family member. If you are looking for resources to help you manage day-to-day care, the topics below provide information on community services and valuable resources for you and your family.



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Books & Guides

Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-

being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

Books & Guides

AARP Family Caregiving Guide

The Family Caregiving Guide is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need.

Source

[AARP](#)

Links

Support Caregiving

A new, first-of-its-kind National Strategy to Support Family Caregivers provides hundreds of actions that federal, state, and local governments, businesses, and communities can take to support caregivers.

Source

[Support Caregiving](#)

Article

Family Caregivers: Information on the Family and Medical Leave Act

When you need to take time off from work to care for a family member, the Family and Medical Leave Act is here to help.

Source

[U.S. Department of Labor](#)

Article

Caregiver Tip Sheets from HealthinAging.org

HealthinAging.org provides caregiver tip sheets on a variety of topics.

Source

[HealthinAging.org](https://www.healthinaging.org)

Links

CDC Complete Care Plan Form

Source

[CDC Complete Care Plan Form](#)

Links

Clearinghouse for Older Road User Safety (ChORUS)

Source

[Clearinghouse for Older Road User Safety \(ChORUS\)](#)

Links

SilverBills: Concierge Bill Management

Source

[SilverBills: Concierge Bill Management](#)

Links

Today's Caregiver Friendly Awards 2022

Source

[Today's Caregiver Friendly Awards 2022](#)

Books & Guides

Caregiving in the LGBT Community

[Caregiving in the LGBT Community](#) provides a guide to engaging and supporting LGBT caregivers through programming.

Source

[SAGE: Advocacy and Services for LGBT Elders](#)

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