

## 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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## PODCAST: Healing Ties

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## **PODCAST: Happy Healthy Caregiver**

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## **PODCAST: Daughterhood for Caregivers**

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## **PODCAST: Confessions of a Reluctant Caregiver**

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[PODCAST: Confessions of a Reluctant Caregiver](#)

Article

## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

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.

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