



FAMILY CAREGIVER EDUCATION SERIES

Making Decisions About Caregiving – January 13, 2022

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PRINT RESOURCES

Chast, Roz. *Can't We Talk About Something More Pleasant: A Memoir* (2014).
Hurme, Sally Balch. *Checklist for Family Caregivers* (American Bar Association/AARP) (2015).
Kriseman, Nancy. *The Mindful Caregiver: Finding Ease in the Caregiving Journey* (2014).
Levine, Carol (AARP). *Navigating Your Later Years for Dummies* (2018). (also available on Kindle)

ONLINE RESOURCES

AARP Long-Term Care Calculator

www.aarp.org/caregiving/financial-legal/info-2017/long-term-care-calculator.html

Aging in Place: Growing Old at Home (National Institute on Aging)

www.nia.nih.gov/health/aging-place-growing-old-home

California Department of Aging (Programs and Services)

www.aging.ca.gov/Programs/ For other states, go to www.hhs.gov/aging/state-resources/index.html

California Paid Family Leave

<https://edd.ca.gov/disability/paid-family-leave/>

Care Options for Those with Dementia

www.alz.org/help-support/caregiving/care-options

Comparison Charts: Costs for Nursing Homes by State

www.skillednursingfacilities.org/resources/nursing-home-costs/

Eldercare Locator – U.S. Department of Health and Human Services-Administration on Aging

<https://eldercare.acl.gov/>

Family Caregiver Alliance - Caregiver Resource Center 1 (800) 445-8106

www.caregiver.org/connecting-caregivers/bay-area-caregiver-center/

Family Care Navigator – CareNav™ (online tool for finding long term care services in the US)

www.caregiver.org/connecting-caregivers/fca-carenav/

Genworth Financial (provides long term care estimates by geographic area)

www.genworth.com/aging-and-you/finances/cost-of-care.html

Geriatric Care Managers or Certified Senior Advisors (CSA)

Aging Life Care (formerly National Association of Geriatric Care Managers)

www.aginglifecare.org

Healthy Aging in a Pandemic World: What Older Adults and Caregivers Need to Know

<https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/HFTH-brochure-Eng-508.pdf>

Hiring In-Home Help (Family Caregiver Alliance)

www.caregiver.org/hiring-home-help

Holding a Family Meeting (Family Caregiver Alliance)

www.caregiver.org/holding-family-meeting

How to Choose a Nursing Home - CANHR (California Advocates for Nursing Home Reform)

www.canhr.org/factsheets/nh_fs/html/fs_howtochoose.htm

Nursing Home Evaluation Checklist: http://canhr.org/factsheets/nh_fs/PDFs/FS_NH_EvalChecklist.pdf

Long Distance Caregiving

https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf

LongTermCare.gov (U.S. Department of Health and Human Services)

<https://acl.gov/ltc/basic-needs>

Medicare – Care Compare (excellent tool for comparing and evaluating hospitals, doctors and clinicians, nursing homes, home health agencies, dialysis facilities, and hospice agencies)

www.medicare.gov/care-compare/

Medi-Cal Information – California Department of Health Care Services (low-income services)

www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx

Moving Your Parents to Senior Living: Making the Difficult Choice

<https://www.aplaceformom.com/planning-and-advice/articles/parents-senior-living-guilt>

National Council on Aging – Benefits Check-up (online tool for determining benefit programs in your area)

www.benefitscheckup.org

National Institute on Aging /National Institutes of Health – EXCELLENT information on planning for long-term care

www.nia.nih.gov/health/topics/advance-care-planning

New LifeStyles – The Source for Senior Living (directories of residential facilities throughout the US)

www.newlifestyles.com

Next Step in Care – Downloadable Checklists (excellent!)

www.nextstepincare.org/%20Caregiver_Home/

Paying for Care

www.nia.nih.gov/health/paying-care

Residential Care Facilities, Assisted Living, and Nursing Homes (general info about facility care)

www.nia.nih.gov/health/residential-facilities-assisted-living-and-nursing-homes

Residential Care Options: Choosing the Right Place (Family Caregiver Alliance)

www.caregiver.org/resource/residential-care-options-choosing-right-place/

Sibling Rivalry: Stop Competing for Caregiving Control (AARP)

www.aarp.org/caregiving/life-balance/info-2018/siblings-competing-for-control/?cmp=RDRCT-e1a6dc4b-20210629

US Aging (formerly Area Agencies on Aging) Every county in the U.S. has an area agency on aging that provides comprehensive resources and services for elderly and disabled individuals and their caregivers.

usaging.org

U.S. Department of Veterans Affairs: Geriatrics and Extended Care

www.va.gov/GERIATRICS/index.asp?utm_source=geriatrics_left_menu