

## **Resources Every Caregiver Should Have on Hand**

### **Alzheimer's Association**

[www.alz.org](http://www.alz.org)

800-272-3900

Information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 helpline and care navigator tools. Forms you should have and can download.

*The Ten Warning Signs of Alzheimer's*

[http://www.alz.org/national/documents/checklist\\_10signs.pdf](http://www.alz.org/national/documents/checklist_10signs.pdf)

*Doctor's Appointment Checklist*

[http://www.alz.org/documents/national/ed\\_doc\\_checklist.pdf](http://www.alz.org/documents/national/ed_doc_checklist.pdf)

### **Alzheimer's & Dementia Alliance for Education & Support**

[www.adaesinc.org](http://www.adaesinc.org)

352-671-9600

ADAES, Inc. is a non-profit corporation providing comprehensive education for caregivers and professionals on a variety of relevant subjects; communication, behaviors, activities, wanderings, safety and others.

### **Eldercare Locator**

[www.eldercare.gov](http://www.eldercare.gov)

800-677-1116

Connects caregivers to local services and resources for older adults and adults with disabilities across the United States.

*Starting the Conversation about Health, Legal, Financial and end of Life Issues*

<http://www.eldercare.gov/Eldercare.NET/Public/Resources/Brochures/docs/Conversations.pdf>

*Stay In Touch in Crisis Situations*

<http://www.eldercare.gov/Eldercare.NET/Public/Resources/Brochures/docs/InTouch-Brochure2.pdf>

### **Family Caregiver Alliance**

[www.caregiver.org](http://www.caregiver.org)

800-445-8106

Information, education and service for family caregivers, including the Family Care Navigator, a state by state list of services and assistance.

**Florida Department of Elder Affairs**

<http://elderaffairs.state.fl.us/index.php>

800-95-elder or 800-953-5337

The Department offers caregiver assistance services through various programs. You may call the Elder Helpline to find out if you or your loved ones are eligible to receive benefits and services from one or more of the programs.

*Getting the Help You Need*

<http://elderaffairs.state.fl.us/doea/CRG/2011/CRG 7th Edition section I.pdf>

**Medicare**

[www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)

800-Medicare or 800-633-4227

Provides information about the parts of Medicare: what's new and how to find Medicare plans, facilities or providers.

**Social Security Administration**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

800-772-1213

Information on retirement and disability benefits, including how to sign up.

**Veteran's Administration**

[www.caregiver.va.gov](http://www.caregiver.va.gov)

855-260-3274

Support and services for families caring for Veterans. Maintains a VA caregiver support line.