

Incredibly useful web sites: Caregiver resources

Caregivers and their families are often looking for good Internet resources. Identified here is a selected list of Web sites for family members and others caring for persons with Alzheimer's. The list also contains links to resources on caring for the caregiver. Each site is unique and aimed at providing current, practical, and expert advice.

Alzheimer's Association National Office.
Chicago, IL.

Comprehensive information for family caregivers is available at www.alz.org. The materials cover a robust selection of information on caregiving and caring for oneself.

Alzheimer's Association Publications.

This Web page provides access to consumer and professional materials published by the Alzheimer's Association. It links to more than one-hundred-forty-six brochures, fact sheets, and reports, including a full scope of caregiving information on Alzheimer's disease. The materials are free to download.

[https://www.alz.org/help-support/resources/virtual_library/publications_\(1\)](https://www.alz.org/help-support/resources/virtual_library/publications_(1)) Accessed January 2019

Alzheimer's.gov
Silver Springs, MD

This Web site includes health information for consumers on Alzheimer's disease from the National Institute on Aging. The website includes resources on the basics of Alzheimer's, causes, symptoms and diagnosis, treatment, caregiving, related dementias, resources for professionals, and research and clinical trials. Featured are

the [How Alzheimer's Changes the Brain video](#) and [Alzheimer's Scientific Images](#) page.
<https://www.nia.nih.gov/health/alzheimers> Accessed January 2019

Caring for Rare Disease Caregivers

Caregiver Action Network, Washington, DC

Covers care for people affected by chronic conditions, disabilities, rare diseases, and older adult frailties. Notable are a section on complex emotions anger, guilt, and prolonged grief and the ability to switch to German, French, Portuguese, and Spanish.

<https://www.rarecaregivers.org> Accessed January 2019

Family Caregiver Alliance.

San Francisco, CA.

For those caring for family members with chronic health conditions of all kinds, this Web site offers factsheets, monographs, policy and statistical documents, and consumer and training materials on caregiving and caring for oneself. A range of dementia specific caregiving materials is located under the *Fact Sheets & Publications* tab on the home page and a factsheet at

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=567

<http://www.caregiver.org> Accessed January 2019

Home Care Services.

This Web site prepared by the National Library of Medicine provides links to numerous agencies and organizations that have prepared resources on identifying, evaluating, and hiring home health care staff. A Spanish version is available.

<http://www.nlm.nih.gov/medlineplus/homecareservices.html> Accessed January 2019

MedlinePlus.

Bethesda, MD.

Alzheimer's Caregivers.

This Web site from the National Library of Medicine provides links to numerous agencies and organization that have prepared resources on caregiving in the areas of nutrition, coping, finances, research, genetics, legal information and more. Notable is the comprehensive array of related issues on all aspects of Alzheimer care. A Spanish version is available.

<http://www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html> Accessed January 2019

Today's Caregiver

A provider of caregiving information and material including *Today's Caregiver* magazine, conferences, and web site. Topics covered are nutrition, pharmaceutical, financial, home safety, new technology options, insurance, homecare, medication breakthroughs and incontinence management. Each issue also features a cover interview with a well-known celebrity caregiver.

<https://caregiver.com>