**CAREGIVING RESOURCES**

The following resources show the depth and breadth of activities, initiatives, and programs available across the U.S. for family caregivers, policy makers, program managers, and people who want to understand more about the many facets of caregiving. This is not an exhaustive list. If you find a resource on caregiving that has been helpful to you, please let us know so that we can add it here.

[AARP Family Caregiving](https://www.aarp.org/caregiving/) offers a wide variety of information on a range of topics for individuals.

[The Arc](https://thearc.org/position-statements/family-support/) focuses on [family support](https://thearc.org/position-statements/family-support/) for those with disabilities by providing local chapters, resources, and ways to get involved in policy and advocacy.

[Best Practice Caregiving](https://bpc.caregiver.org/#home) – a joint initiative by [Family Caregiver Alliance](https://www.caregiver.org/) and [Benjamin Rose Institute on Aging](https://www.benrose.org/) - is a free online database of proven dementia programs for family caregivers. It offers a searchable, interactive, national database of vetted, effective programs that offer much-needed information and support. The database is an invaluable tool for healthcare and community-based organizations, as well as funders and policy makers to discover and share high quality programs for caregivers.

[Centers for Disease Control and Prevention (CDC)](https://www.cdc.gov/) has resources on [disability & health information for family caregivers](https://www.cdc.gov/ncbddd/disabilityandhealth/family.html) and [disability and health emergency preparedness tools and resources](https://www.cdc.gov/ncbddd/disabilityandhealth/emergency-tools.html#for-pwd).

[Daughterhood](https://www.daughterhood.org/meet-anne/) is a nationwide movement to connect caregivers in-person and online via supportive Daughterhood Circles.

[Eldercare Locator](https://www.usaging.org/eldercareloc), which operates as a helpline (800.677.1116) and [website](https://eldercare.acl.gov/Public/Index.aspx), is a trusted gateway for older adults and people with disabilities searching for information and resources vital to their well-being and independence. The program is administered by the national non-profit [USAging](https://www.usaging.org/index.asp) and funded by the federal Administration for Community Living (ACL).

[Family Caregiver Alliance](https://www.caregiver.org/) is a one-stop shop for the family caregiver looking for support and information, offering services in the areas of assessment, care planning, direct care skills, wellness programs, respite, and legal/financial consultation vouchers.

[National Alliance for Caregiving](https://www.caregiving.org/) builds partnerships in research, advocacy, and innovation to make life better for family caregivers. This includes initiatives in public health, global engagement, and the National Caregiver Advocacy Collaborative.

[RAISE](https://acl.gov/programs/support-caregivers/raise-family-caregiving-advisory-council) Family Caregiving Advisory Council was established by ACL following the passage of the RAISE (Recognize, Assist, Include, Support, and Engage) Family Caregivers Act in January 2018. The council, in conjunction with the Advisory Council to Support Grandparents Raising Children, engaged experts and leaders from across the U.S., including academics, family caregivers, policy makers, people with disabilities, and state and local program personnel, to develop and publish the [2022 National Strategy to Support Family Caregivers](https://acl.gov/node/8851). This comprehensive blueprint delves deeply into the many ways that we, the public, federal, state, and local governments, and the private sector can work together to support caregivers and ensure that they have the resources they need to maintain their own health, well-being, and financial security while providing crucial support for others. The [National Academy for State Health Policy](https://nashp.org/raise-act-state-policy-roadmap-for-family-caregivers/) (NASHP) developed a state policy roadmap for use with the national strategy.

[Rosalynn Carter Institute](https://rosalynncarter.org/) imbues its values of empathy, equity, community, knowledge, collaboration and advocacy in its mission to support unpaid caregivers in all ways.

[Veterans Caregiver Support Program](https://www.caregiver.va.gov/), run by the Department of Veteran Affairs, offers clinical services to caregivers of eligible and covered veterans enrolled in the VA health care system. The program’s mission is to promote the health and well-being of family caregivers who care for our Nation’s Veterans, through education, resources, support, and services.

[Women’s Institute for a Secure Retirement](http://wiserwomen.org/) – **WISER** – administers the [Financial Caregiving Hub](https://wiserwomen.org/caregiver-home/) where caregivers can access information and resources on topics of finances, financial documents, scams and fraud, retirement planning, and family and medical leave.