

Caregiver Websites

Organization	Details
<p>AARP Caregiver Resource Center</p> <p>http://www.aarp.org/home-family/caregiving/</p>	<p>Information, tools and tips for caregivers. Topics include: Planning & Resources, Benefits & Insurance, Legal & Money Matters, Care for Yourself, Providing Care, Senior Housing, End of Life Care, Grief & Loss.</p> <p>Phone: (877) 333-5885 Spanish: (888) 971-2013</p> <p>(Mon-Fri: 7 am-11 pm, Sat 9 am-5 pm)</p>
<p>Alzheimer’s Association of Rochester and Finger Lakes Region</p> <p>http://www.alz.org/rochesterny/</p>	<p>The Alzheimer's Association, Rochester & Finger Lakes Region, has provided programs, services and advocacy since 1981 to individuals with Alzheimer's disease and other dementias, their families and health care providers. Serves a nine-county area that includes Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates counties.</p> <p>Local Contact: (585) 760-5400, Rochester & Finger Lakes Region Chapter, 435 East Henrietta Road, Rochester NY 14620, (third floor of Monroe Community Hospital) Contact our staff.</p> <p>24/7 Helpline: (800) 272-3900</p>
<p>Caregiver Action Network</p> <p>http://www.caregiveraction.org/resources/</p>	<p>The Caregiver Action Network is a family caregiver organization working to improve the quality of life for the more than 65 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs to adult children caring for parents with Alzheimer’s disease. CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.</p>
<p>Family Caregiver Alliance (National Center on Caregiving)</p> <p>https://www.caregiver.org/</p>	<p>FCA supports and sustains caregivers with national, state and local programs and resources: National Center on Caregiving –research, policy and practice, to advance the development of high-quality, cost-effective programs and policies for caregivers in every state; Family Care Navigator is sponsored by the NCC and helps caregivers locate support services by state.</p> <p>Services, education programs and publications are developed with caregivers’ expressed needs in mind, to offer real support, essential information, and tools to manage the complex and demanding tasks of caregiving.</p>

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<p>Help A Caregiver.org</p> <p>https://helpacaregiver.org</p>	<p>Caregivers need help. Respite care is defined as short-term in-home community-based services to give relief to the primary caregiver. The Caregiver Respite Project is a collaborative effort to create a community-wide respite program for people caring for a loved one with dementia. Rochester community agencies involved in this project are: Lifespan of Greater Rochester; Ad Council of Rochester; Alzheimer’s Association; Eldersource; Community Place of Greater Rochester; Monroe County Caregiver Resource Center; Monroe County Office for the Aging; New York State Caregiving and Respite Coalition</p> <p>Local Contact: Eve Moses, Lifespan, (585) 244-8400 x 213</p>
<p>National Caregivers Library</p> <p>http://www.caregiverslibrary.org/caregivers-resources/grp-caregiving-basics-topic.aspx</p>	<p>The National Caregivers Library was created by FamilyCare America, Inc. and is one of the largest single sources of information and tools for caregivers and seniors in the country. It makes its resources available to caregivers for free through alliances with professionals, businesses and other organizations who serve seniors and their caregivers with a variety of products and services</p>
<p>New York State Caregiving and Respite Coalition</p> <p>http://www.nyscr.org/resources.htm</p>	<p>The New York State Caregiving and Respite Coalition (NYSCRC) is a partnership of dedicated organizations and individuals committed to supporting the millions of informal caregivers throughout the state. Through the Lifespan Respite Grant, NYSCRC is working to develop a comprehensive, sustainable program with the goal of training hundreds of volunteer respite providers throughout the state.</p> <p>The site provides links to websites for New York State Office for the Aging (NYSOFA), Monroe County: Caregivers Resource Guide, Finger Lakes: GRAPE Resource Guide, AARP Caregiver Resource Center, National Alliance for Caregiving, ARCH National Respite Network, Family Caregiver Alliance, Kinship Navigator</p> <p>Local Contact: Eve Moses, Lifespan, (585) 244-8400 x 213</p>
<p>Next Step in Care</p> <p>http://www.nextstepincare.org/Caregiver_Home/</p>	<p>Next Step in Care provides easy-to-use guides to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients.</p>
<p>Nursing Home Compare</p> <p>http://www.medicare.gov/nursinghomecompare/?AspxAutoDetectCookieSupport=1</p>	<p>Nursing Home Compare allows consumers to compare information about nursing homes. It contains quality of care information on every Medicare and Medicaid-certified nursing home in the country. Note: Nursing homes aren't included on Nursing Home Compare if they aren't certified to participate in Medicare or Medicaid. These Nursing Homes can be licensed by the state. For information about nursing homes not on this website, contact your State Survey Agency. Information on Nursing Home Compare isn't an endorsement or advertisement for any nursing home and should be considered carefully.</p>

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<p>So Far Away Long-Distance Caregiving: Twenty Questions and Answers</p> <p>https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf</p>	<p>Developed by the National Institute on Aging (NIA), part of the National Institutes of Health, <i>Long-Distance Caregiving: Twenty Questions and Answers</i> focuses on some of the issues unique to long-distance caregiving. This booklet is a gateway to ideas and resources that raise and answers questions that can make long-distance caregiving more manageable and satisfying.</p>
<p>Springwell Caregiver’s Notebook - A Guide for Organizing and Record Keeping</p> <p>http://www.springwell.com/pdf/Caregiver_Notebook.pdf</p>	<p>Springwell Caregiver’s Notebook <u>provides</u> a central place for caregivers to record and document the important aspects of your loved one’s care. This includes: Critical At A Glance Information, A Calendar for Schedule Tracking, Care Providers, Daily Routine and Care information, Medication Information, Health Information and Medical Events, Medical Professional Contacts</p>
<p>The 40-70 Rule: a Guide to Conversation Starters for Boomers and Their Senior Loved Ones</p> <p>https://www.caregiverstress.com/wp-content/uploads/2011/08/Homelinstead_40-70Booklet_Web.pdf</p>	<p>This guide is designed to help adult children and their aging parents deal with those sensitive life topics that often make conversations difficult. The “40-70 Rule” means that if you are 40, or your parents are 70, it’s time to start talking – at least about certain senior topics.</p> <p>Also available is “The 70-40 Rule: A Guide to Conversation Starters for Seniors and their Boomer Children” https://www.caregiverstress.com/wp-content/uploads/2011/08/Homelinstead_40-70Booklet_Web.pdf</p>
<p>UCompareHealthCare (UHC)</p> <p>http://www.ucomparehealthcare.com/nhs/</p>	<p>UCompareHealthCare helps people make better decisions about their healthcare choices. Free reports help find, research and compare hospitals, nursing homes, doctors, fertility centers and mammography centers.</p> <p>UHC's information on nursing homes is based on data collected by the federal government, as well the Centers for Medicare & Medicaid Services (CMS) online survey, The American Health Association's Online Survey Certification and Reporting (OSCAR) database, and the Minimum Data Set (MDS), which is part of the federally mandated process for clinical assessment of all residents in Medicare- or Medicaid-certified nursing homes. UHC updates its database every three months from the CMS sources.</p>

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