

# RESOURCE Roadmap

SHORT NOTES FOR BIG TOPICS

POAMN



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Formation

## Online Resources

### Care Partners Tool Kit

*There are many organizations and online resources to support care partners. Sifting through them can become overwhelming and each has a variety of articles and helpful documents. Here are a few which support the Quicksheets in the complete [Care Partner Tool Kit](#). The complete list of Quicksheet topics is at the bottom of this document. Be sure to use the search function of each resource listed below to explore your particular support needs.*

### **KEY ORGANIZATIONS**

**AARP** - offers an excellent Caregiver Resource Center that posts well over 100 topics featuring complete articles that drill down into a variety of related topics to give the reader plenty of information, suggestions, and other resources. <https://www.aarp.org/caregiving/> and [family caregiving guide](#).

**Family Caregiver Alliance** – offers a wide variety of all types of resources for caregivers including videos, webinars, and several articles on health conditions, caring for yourself and caring for another. Many of their resources are in a variety of other languages besides English. <https://www.caregiver.org/caregiver-resources/all-resources/>

**Caregiver Action Network-Caregiver Action Network (CAN)** - is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. <https://www.caregiveraction.org/>

**Eldercare Locator** - is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living. <https://eldercare.acl.gov/Public/Index.aspx>

**U.S. Department of Health and Human Services** - HHS agencies provide resources for caregivers who take care of an aging, seriously ill, or disabled family member or friend. <https://www.hhs.gov/programs/providers-and-facilities/resources-for-caregivers/index.html>

**USA.gov** - Get tips and information to help you care for your loved one with special medical needs, including programs for family members of veterans and people with disabilities to get paid to provide care. <https://www.usa.gov/disability-caregiver>

**National Institute on Aging** - Millions of Americans take care of a friend or family member with a serious health condition. Being a caregiver can be a labor of love, but it can also be stressful. Learn how you can be an effective caregiver while also taking care of yourself. <https://www.nia.nih.gov/health/caregiving>

**National Family Caregivers Association (NFCA)** - a service organization not disease or age specific, for resource materials, advisory support, and advocacy: [www.nfcacares.org](http://www.nfcacares.org) or 1-800-896-3650.

**Local Area Agency on Aging** - through the U.S. Administration on Aging Eldercare Locator at 1-800-677-1116 or [www.aoa.gov](http://www.aoa.gov). Click on Elders and Families, then NFCSP for information on the National Family Caregiver Support Program which provides services, counseling, caregiver training and respite care.

## **AARP SPECIFIC RESOURCES**

**AARP Care Guides** outline specific caregiving situations to help you find support, make tough decisions and handle conflict. These include topics in the categories of dementia, end of life, in home care, legal, financial, life balance, long term care, medical and mobility.  
<https://www.aarp.org/caregiving/>

**AARP Family Caregiver Resource guides** for all 50 states plus the District of Columbia, Puerto Rico and the U.S. Virgin Islands help caregivers access key programs, services, and agencies in their community.

**Long-Term Care Calculator** estimates the cost of long-term care based on area and type of care.

**Resources and Support for Caregivers** is a list of agencies, groups and organizations that connect family caregivers with services and support.

**Caregiver Glossary Definitions for the Most Confusing Acronyms and Terms**

## **PRESBYTERIAN OLDER ADULT MINISTRY NETWORK**

**Longevity around the World** Webinars from the Presbyterian Older Adult Ministry Network.

- **The Circle of Life** – Led by Rev. Fern Cloud of Pejuhutazizi Presbyterian Church in MN and citizen of the Sisseton-Wahpeton Dakota Oyate.
- **Older Adults of Hispanic Heritage** – Led by Rev Ida Rosario of Brentwood Presbyterian Church, NY.
- **Korean Milestone Birthdays, Immigrants and Korean American Church** – Led by Rev. Jae Kim of New Blessing Church in GA.

**POAMN Resource Library** - (Caregiving) including [Caring for Aging Parents from a Distance](#).

## **OTHER HELPFUL RESOURCES**

**Caring.com** – This site includes a comprehensive online Caregiving Resource Center at <https://www.caring.com/caregivers/>

**Care Partners Planning** – [When denial gets in the way of planning.](#)

**17 Caregiving Systems** – When we care for and help a family member we manage, navigate and advocate within 17 Caring Systems. [Here](#) is a video describing those from Denise Brown and [The Caring Years Training Academy](#).

**Centers for Disease Control and Prevention (CDC)** - [Supporting Caregivers: An Emerging Public Health Issue](#)

**The Rosalynn Carter Center for Caregivers** - <https://www.rosalynncarter.org/>

**The Caregiving Years Training Academy** - <https://www.careyearsacademy.com/>

**Financial Workbook for Family Caregivers** – A Practical Guide Focused on Health, Housing, and Money Management.

**A Legal Checklist for Family Caregivers** – 6 Steps to protect your loved ones and yourself.

**A Guide to Power of Attorney** – <https://www.caring.com/caregivers/power-of-attorney/>

**A Guide to Advance Health Care Directives** - <https://www.caring.com/caregivers/advance-directive/>

**Aging in Place** – from New River Valley Agency on Aging <https://www.nrvaoo.org/aging-in-place/>

There are *five main* topic areas; **housing, health and wellness, transportation, personal finance, and social connections and growth**, to explore in the Aging in Place Workbook which is downloadable along with videos that introduce the topics.

**Finding the Right Long Term Care for your Loved One** – including check lists as you look.

**How to find the Right Caregiver Support Group** - In-person or online, communities can offer valuable help.

**National Caregiver Month** – November is the month to recognize care partners.

**My End-of-Life Decisions: An Advance Planning Guide** – From Compassion and Choices. <https://compassionandchoices.org/resource/eoldgt>

**Our Mother's Voice** – Empowering families to speak for their loved ones in nursing homes who cannot speak for themselves. <https://www.ourmothersvoice.org/>

Articles "*I'm Just Here: Tips for Adult children and Older Adults to Navigate Faithful Aging*" and "*Advocating for Older Adults in Long-Term Care*" from January 2023 issue of [The Presbyterian Outlook](#).

## **BOOKS FOR CARE PARTNERS**

***God Never Forgets: Faith, Hope, and Alzheimer's Disease*** by Donald K. McKim

Sensing God's presence is difficult when faced with Alzheimer's Disease among family and loved ones. This book brings faith and hope to these trying circumstances, offering the witness of the Bible and the insights of theology to show how God continues to work in people's lives even in the midst of fearful disease.

***Toolkit for Caregivers: Tips, Skills, and Wisdom to Maximize Your Time Together***

by Deidre Edwards, Sheree Alderman

This Toolkit includes:

- How to set up a caregiving environment
- Skills in patient care that are clearly explained for family members to understand
- Tips/tricks/hacks to make your loved one/patient more comfortable in a home hospital bed and you a more confident caregiver
- Resources for getting supplemental help
- Advice on personal coping concerns and techniques for the caregiver
- Understanding Home Health and Hospice Care
- Maximizing moments together with your loved one/patient so caregiving does not take over

***Self-Care for the Caregiver: A Guilt-free Way to Love Yourself While Caring for Others***

by Maydis Skeete

This book addresses the 'quality-of-life' issue that affects many primary caregivers. All caregivers and those who support caregiving will receive benefits from this book.

***Healing Words: Soothing Strategies for Your Caregiving Fatigues*** by Denise M. Brown

Caring for a family member can be an exhausting, consuming experience. You get tired from coping, feeling guilty, losing hope and so much more. This book explores 12 reasons for our weariness.

***Who Takes Care of The Caregiver, A Caregivers Cry*** by Lynne K. Curtis

Caregiving is something that comes from the heart. Being a caregiver for many years, starting with her handicap daughter has given the author the power to love and care for others and she shares her story.

## **DATA AND INFOGRAPHICS**

**Caregiving Data Infographic** – From CDC

<https://www.cdc.gov/aging/data/infographic/2018/aggregated-caregiving.html>

**Caregiving in U.S. 2020 Infographic** – From AARP

<https://www.aarp.org/content/dam/aarp/ppi/2020/05/infographic-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.002.pdf>

*For specific support as a care partner or faith community leader supporting care partners, see all the Quicksheets in this [Care Partner Tool Kit](#).*

*Additional Topics include:*

- *Care Partner Roles and Responsibilities*
- *Glossary of Terms*
- *Care Partners Planning Together: Preparation for the Hard Conversations, Conversations Starters and Tips*
- *Ten Considerations Worksheet*
- *Accompanying a Loved One to the Doctor*
- *Caregiving and Guilt*
- *Caregiving and the Church*
- *A How to Guide: Starting and Maintaining a Caregiver Support Group*
- *Supporting Male Care Partners in our Communities*
- *Cultural Diversity and Caregiving*
- *Family Caregiver Facts Graphic*
- *Caregiving in the US Graphic*

This Resource Roadmap is part of the [Care Partner Tool Kit](#) where you can find additional Quicksheets on other Care Partner topics and a Resource Roadmap with websites and books. For additional resources see the resource library page for the partners in this project [POAMN \(www.poamn.org\)](http://www.poamn.org) and [APCE \(www.apcenet.org\)](http://www.apcenet.org) or the [Office of Christian Formation \(www.pcusa.org/formation\)](http://www.pcusa.org/formation)

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