



# Caregiving Resources

## **General Resources**

### **Family Caregiver Alliance**

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

This website provides helpful information about health conditions, caregiving issues and strategies, fact and tip sheets, and webinars and videos

### **National Caregivers Library**

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

This website offers extensive information about caregiving, links to topic-specific resources, checklists, and forms related to a variety of topics.

### **Caregiver Action Network Resources Page**

<http://caregiveraction.org>

This website offers a helpful toolbox that addresses a variety of topics. Also provides an online forum where caregivers can share ideas.

### **U.S. Department of Veterans Affairs Caregiver Support**

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

This VA website provides helpful information, a toolbox, videos, and resources related to caring for veterans and related to caregiving in general.

### **Caring Bridge**

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

Through Caring Bridge, you can create free, private, personal websites that help people get updates, stay connected, and offer encouragement during a health journey. You can share news, get support, and coordinate care, and setting up a webpage is simple.

## **Cancer Care Resources**

### **Wake Forest Baptist Health Comprehensive Cancer Center**

[www.wakehealth.edu/comprehensive-cancer-center](http://www.wakehealth.edu/comprehensive-cancer-center)

In addition to information about the Cancer Center's treatments in Winston-Salem, this website provides information about the patient and family support services that are offered.

### **Cancer Services, Inc.**

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

Located in Winston-Salem, Cancer Services, Inc. offers a variety of services for cancer patients and their caregivers, from educational programs, healing hands services, wellness groups, equipment, and wigs.

### **4<sup>th</sup> Angel Patient and Caregiver Mentoring Program**

[www.4thangel.org](http://www.4thangel.org)

This program connects a patient with a cancer survivor who provides free support over the phone.

### **National Cancer Institute:**

<https://www.cancer.gov/>

This website provides helpful information about cancer, treatment, and coping.

#### **American Cancer Society**

<http://www.cancer.org/>

This website provides helpful information about cancer, treatment, tools for healthy living, stories of hope, a blog, and ways to find support.

#### **LIVESTRONG**

<https://www.livestrong.org/>

This organization provides helpful resources such as LIVESTRONG Navigation, which provides free, personalized support to people dealing with a cancer diagnosis. Also offers a very practical guidebook.

### **Other Disease-Specific Resources**

#### **National Institutes of Health**

<https://www.nih.gov/health-information>

This website provides a wealth of information about various diseases and health concerns.

#### **The National Institute on Aging**

[www.nia.nih.gov/health/topics](http://www.nia.nih.gov/health/topics)

This website also provides helpful information about various diseases and health concerns.

#### **Alzheimer's Association**

<http://www.alz.org/>

This organization provides helpful information about Alzheimer's and other forms of dementia, including education about treatments and information about living with Alzheimer's.

#### **Duke Family Support Program**

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

This program offers wonderful support for caregivers of people with memory disorders. Services include free confidential personalized tips, free telephone help, and a helpful website with links and resources.

### **Healthcare and Legal Concerns**

#### **Healthcare.gov**

<https://www.healthcare.gov/>

This website allows people to get healthcare coverage and update or change their plans.

#### **Healthcare Access**

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

This nonprofit coordinates care for patients who do not have health insurance with participating providers.

#### **Wake Forest Elder Law Care Clinic**

<http://elder-clinic.law.wfu.edu/resources>

This website provides many helpful links and resources for people of all ages.

## **Caregiving Resources: BOOKS**

*The Caregiver's Book: Caring for Another, Caring for Yourself*

By James Miller

*The Caregiver Helpbook*

By Vicki Schmall, Marilyn Cleland, Marilyn Studevant

*Caring for a Loved One with Cancer*

By June Hunt

*Caring for Your Parents: The Complete Family Guide*

By Hugh Delehanty

*How to Care for Aging Parents*

By Virginia Morris

*Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family*

By Barry J. Jacobs and Julia L. Mayer

*Passages in Caregiving*

By Gail Sheehy

*Self-Care for Caregivers: A Twelve Step Approach*

By Pat Samples

*The 36-Hour Day*

By Nancy L. Mace