

Caregiving Resources



Caregiver Action Network Resources Page

caregiveraction.org

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

Caring Bridge

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.

Family Caregiver Alliance

www.caregiver.org

This website provides helpful information about health conditions, caregiving issues and strategies, fact and tip sheets, and webinars and videos. Includes the Family Care Navigator, which directs people to resources in their states.

Family Caregiver Council

www.familycaregivercouncil.com

This website steers caregivers to information and resources that address a variety of topics including caregiving, driving and transportation, finances, housing, legal, and health & disease specific.

Lotsa Helping Hands

www.lotsahelpinghands.com

Through Lotsa Helping Hands, you can create a free, private community of support. You can send updates, organize help, post requests for support, sign up to provide help, and coordinate care.

NC Health Info

www.nchealthinfo.org

This website provides wonderful information about managing your health care, finding providers and services, health topics, staying healthy and safe, and medications and therapies. Includes How-To Guides.

National Caregivers Library

www.caregiverslibrary.org

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

Moneygeek.com

www.moneygeek.com/seniors/resources/caregiving-guide/

This website provides helpful information about a variety of caregiving topics that range from coordinating care, finding legal tools, family dynamics, respite care, long-distance caregiving, and more.

U.S. Department of Veterans Affairs Caregiver Support

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.

Caregiving Books

The Caregiver's Book: Caring for Another, Caring for Yourself
By James Miller

The Caregiver Helpbook
By Vicki Schmall, Marilyn Cleland, Marilyn Studevart

Caring for a Loved One with Cancer
By June Hunt

Caring for Your Parents: The Complete Family Guide
By Hugh Delehanty

Hope for the Caregiver: Encouraging Words to Strengthen Your Spirit
By Peter Rosenberger

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

Please note that the resources in this list are not meant to be exhaustive, but we hope that they will be helpful places to start. If you have questions and suggestions of resources to add, please contact Lindley Curtis, Support Services Coordinator at the SECU Family House, at 336-793-2822 or Lindley.Curtis@familyhousews.org.