

# TIPS AND RESOURCES FOR CAREGIVERS

## What Caregiver Support Is Available In My Area?

Many local organizations provide materials, services, and support to assist caregivers—below you'll find information about and links to many of these helpful resources.

### HOW DO I FIND LOCAL SENIOR SERVICES?

**Eldercare Locator** provides referrals to Area Agencies on Aging based on your zip code. Your local Area Agency on Aging can provide information about many eldercare issues and available services in your community. Go to [www.eldercare.gov](http://www.eldercare.gov) or call 1-800-677-1116 to find your local Area Agency on Aging.

**Family Care Navigator** is a state-by-state resource developed by the Family Caregiver Alliance. It includes services for family caregivers, as well as help for older or disabled adults living at home or in a residential facility. It also has information on government health and disability programs, legal resources, and

disease-specific organizations. To find resources in your state, visit [www.caregiver.org](http://www.caregiver.org) and select “Family Care Navigator: State-by-State Guide” under the “Caregiving Info & Advice” tab or call 1-800-455-8106.

**State Units on Aging** are agencies that administer, manage, and design benefits, programs, and services for the elderly and their families. Caregivers can learn about services and programs available to seniors living in their state. Visit [www.nasuad.org](http://www.nasuad.org) and select “Contacting State Agencies” under the “About NASUAD” tab to look up your state agency.

### ARE THERE FINANCIAL BENEFITS THAT I CAN ACCESS?

**State Health Insurance Assistance Programs (SHIPs)** offer free health insurance counseling in your community. Visit [www.shiptalk.org](http://www.shiptalk.org) and select “Find a State SHIP” to find a SHIP office near you.

**BenefitsCheckup.org** is a free, confidential service of the National Council on Aging. The site helps older adults find programs that may help pay for some of the costs of prescription drugs, health care, utilities, and other essential items or services.

**Tax Benefits** may be available if you provide care and financial support for an older adult. These benefits may include tax breaks or other financial help. You may want to look into any of the following:

- Exemptions and deductions if you are a qualifying relative (including a Multiple Support Agreement, if you jointly support your loved one with other friends or family members)

- Deductions for paying other's medical expenses, including long-term care insurance

- Dependent Care Credit for paid caregivers

Visit [www.irs.gov](http://www.irs.gov), or call 1-800-829-1040 to learn more about potential savings.

**The Medicaid Cash and Counseling Program** can provide direct payments that could be used to pay you for the time you spend providing care. To find out whether your state has a Cash and Counseling or similar program, contact your local Medicaid, human services, or social services office. Visit [www.cashandcounseling.org](http://www.cashandcounseling.org), scroll down to the Project Overview section, and click “our program map” to see what programs are offered in your state.

For additional local referrals, contact any of the following:

- The social service department of your local hospital or clinic
- Adult daycare centers and faith-based agencies

- Your AARP State Office, [www.aarp.org/states](http://www.aarp.org/states)

- The local chapter of disease groups, such as the American Heart Association and Alzheimer's Association

*Ask Medicare* ([www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)) also offers information on enrolling in Medicare, choosing a prescription drug plan, finding state and local resources to support caregiving tasks, accessing in-home services, and a free e-newsletter with the latest Medicare updates.