

The Caregiver's Handbook: A Real-World Guide to Caring for an Older Adult Companion Resource Guide

General Caregiving Resources

- CaringInfo <https://www.caringinfo.org/>
- Caregiver Action Network <https://www.caregiveraction.org/>
- AARP: Family Caregiving Basics <https://www.aarp.org/caregiving/basics/>
- AARP: Family Caregiving Resource Line 1-877-333-5885 <https://www.aarp.org/caregiving/basics/info-2018/support-line.html>
- National Alliance for Caregiving and AARP. (2020) *Caregiving in the U.S. 2020* <https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>
- Genworth. (2021, November). *How Caregiving Impacts Families, Communities, and Society*. <https://pro.genworth.com/riiproweb/productinfo/pdf/682801BRO.pdf>

Goals of Care Conversations

- CaringInfo: Talking About Serious Illness and Care <https://www.caringinfo.org/planning/communicating/>
- The Conversation Project <https://theconversationproject.org/>
- AARP: 5 Tips for Difficult Family Caregiving Conversations <https://www.aarp.org/caregiving/basics/info-2022/difficult-caregiving-conversations.html>

Advance Directives

- CaringInfo: Advance Directives by State <https://www.caringinfo.org/planning/advance-directives/by-state/>
- Five Wishes <https://www.fivewishes.org/>
- U.S. Advance Care Plan Registry <https://www.usacpr.com/>
- Medic Alert Foundation <https://www.medicalert.org/>
- My Directives <https://mydirectives.com/>

Serious Illness Care

- National Hospice and Palliative Care Organization <https://nhpco.org>
- National Hospice and Palliative Care Organization: Find a Provider <https://www.nhpco.org/find-a-care-provider/>
- CaringInfo: What is the Difference Between Hospice and Palliative Care? <https://www.caringinfo.org/types-of-care/what-is-the-difference-between-palliative-care-and-hospice-care/>
- Centers for Medicare and Medicaid Services (CMS). *Care Compare*. <https://www.medicare.gov/care-compare/?providerType=Hospice>

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- Caring Bridge <https://www.caringbridge.org>

Private Caregiving

- CaringInfo: Finding Caregiving Resources and Support <https://www.caringinfo.org/planning/caregiving/caregiving-resources/>
- Care.com <https://www.care.com>
- Levy, L. (2022, October). *Senior Caregiver Interview Questions to Ask when Hiring*. Care.com. <https://www.care.com/c/senior-caregiver-interview-tips/>
- A Place for Mom <https://aplaceformom.com>
- Hipp, D. (2018, September). *How to Conduct a Private Caregiver Interview*. A Place for Mom. <https://www.aplaceformom.com/caregiver-resources/articles/conduct-a-private-caregiver-interview>
- AARP: How to Hire a Caregiver <https://www.aarp.org/caregiving/home-care/info-2018/hiring-caregiver.html>

Caregiver Stress and Burnout

- Mayo Clinic staff (2022, March). *Caregiver Stress: Tips for Taking Care of Yourself*. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>
- AARP (2021, December). *Caregiver Burnout: Steps for Coping with Stress*. AARP. <https://www.aarp.org/caregiving/life-balance/info-2019/caregiver-stress-burnout.html>
- Schoch, D (2020, June). *1 in 5 Americans Now Providing Unpaid Family Care*. AARP. <https://www.aarp.org/caregiving/basics/info-2020/unpaid-family-caregivers-report.html>