



## EMPLOYEE ASSISTANCE PROGRAM CAREGIVING AND ELDERCARE WEBSITES

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

The American Academy of Home Care Physicians website has a nationwide listing of physicians who make house calls.

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

The American Association of Homes and Services for the Aging website helps locate appropriate services.

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

Find a wealth of information on care giving including tip sheets, helpful articles, and updates on Medicare.

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

The Assisted Living Federation of America website has a search engine for locating assisted living communities.

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

Alzheimer's Association's website.

[www.aoa.gov](http://www.aoa.gov)

This is the "parent" site to "Eldercare Locator," from the Administration on Aging, Department of Health and Human Services.

[www.assisted-living411.org](http://www.assisted-living411.org)

The Nursing Home Community Coalition website has guidebooks on assisted living that can be downloaded and printed.

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

A site "For, About, and By Caregivers."

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

This Family Caregiver Alliance site offers advice, strategies and services for family caregivers.

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

Visit this site for tips and guidebooks, courtesy of the National Alliance for Caregiving.

[www.care-givers.com](http://www.care-givers.com)

This website of the National Organization for Empowering Caregivers "...provides an opportunity to look at many of the issues you, as a caregiver, may experience or are already experiencing..."

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

This website provides an extensive library of articles, checklists, forms, and links to topic-specific external resources.

[www.careguide.net](http://www.careguide.net)

This website provides information on different types of care and links to related topics.

## CAREGIVING AND ELDERCARE WEBSITES (continued)

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

The National Association of Professional Geriatric Care Managers website provides information about geriatric care management.

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

The Consumer Consortium on Assisted Living website offers guidance in choosing an assisted living facility.

[www.comfortofhome.com](http://www.comfortofhome.com)

A publisher's website offers CDs, guides, newsletters and videos to help one become an educated caregiver.

[www.ec-online.net](http://www.ec-online.net)

An online newsletter for caregivers of the elderly.

[www.eldercare.gov](http://www.eldercare.gov)

Need help in the region where your parent lives? This site's "Eldercare Locator" can link you with government agencies and community based organizations throughout the nation.

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

"Lotsa Helping Hands" is a free web-based community for organizing helpers, via a group calendar, during times of need.

[www.medicare.gov](http://www.medicare.gov)

This website provides information on benefits available under the Medicare Program.

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

The National Council on Aging provides information and links to related topics.

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

This website, sponsored by the Chapel Hill Training-Outreach Project, helps to locate respite services.

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

Free monthly newspaper with more than 15,000 distribution sites for those 50 years and over living in the Washington, D.C., metropolitan area.

[www.seniordecision.com](http://www.seniordecision.com)

Consumers rate and review senior care and housing. Site includes a searchable database for housing.

[www.ssa.gov](http://www.ssa.gov)

U.S. Social Security Administration website.

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

National Family Caregivers Association website.

[www.VA.gov](http://www.VA.gov)

U.S. Department of Veterans Affairs website.

Federal Occupational Health  
Employee Assistance Program (EAP)  
(800) 222-0364 | (888) 262-7848 (TTY)  
[www.FOH4You.com](http://www.FOH4You.com)