

# Local Resource Guide for Caregivers



## *A Resource for Community Services and Assistance for Caregivers*

Template provided by  
The National Alliance for Caregiving  
through a grant from  
The Equitable Foundation

Compiled and distributed as a  
community service by

---

## **Table of Contents**

**Adult Day Care**  
**Adult Protective Services**  
**Alzheimer's Association**  
**Area Agency on Aging**  
**Care Management**  
**Consumer Assistance**  
**Disability Services**  
**Eldercare Locator**  
**Elder Law (see Legal Services)**  
**Frequently Dialed Numbers**  
**Health Clinics**  
**Home Health Care**  
**Home Delivered Meals**  
**Hospital Services & Programs**  
**Housing:**  
    **Assisted Living / Personal Care**  
    **(ALF)**  
    **Continuing Care (CCRC)**  
    **Independent Living**

**Nursing Homes**  
**Information and Referral Services**  
**Insurance Counseling**  
**Legal Services and Referrals**  
**Long-Term Care Insurance**  
**Mental Health Services**  
**Nursing Care**  
**Nutrition Programs**  
**Recreation**  
**Rehabilitation Services**  
**Respite Care**  
**Senior Centers**  
**Senior Employment Services**  
**Senior Newspapers/Newsletters**  
**Social Security / Medicare**  
**Social Services**  
**Support Groups**  
**Telephone Reassurance**  
**Transportation Services**  
**Visitation Services**  
**Volunteering**

## **Introduction and Instructions**

**To Professionals:** Often family caregivers need to know where to go for information and services in their local communities. This document is a tool for your agency or organization to identify the best local resources covering a variety of issues. When complete, these forms can easily be added to reference referral notebooks or vertical file material to assist individuals in directing consumers to useful community resources.

**To Family Caregivers:** Knowing where to look for services in your community can be a daunting task if you don't know where to start. The National Alliance for Caregiving has

compiled this *Local Resource Guide for Caregivers* as a way to assist you in your search. We hope you find this resource helpful.

**How To Use The *Local Resource Guide for Caregivers*:** Look through the table of contents to assess which of the services meet your needs. Click on the applicable services and either print out or download the template for that service. This will allow you to fill in the local information for your area. This very convenient format allows users to create their own files, print out the information for files or for distribution, and also enables individuals to forward the templates to other agencies or persons in their family or network.

If problems arise please use the feedback form, accessible through the website homepage, for assistance.

## **Adult Day Care**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person(s):

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:



Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments: Agency Name:

**Care Management**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments: Agency Name:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Eldercare Locator (Local agencies)**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:



Comments:



**Frequently Dialed Numbers**

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

---

AGENCY:

PHONE:

FAX:

CONTACT PERSON(S):

**Health Clinics**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:



Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Housing--Assisted Living/Personal Care**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Housing--Continuing Care (CCRC)**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Housing--Independent Living**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Housing--Nursing Homes**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:  
Contact Person:  
Services:

Comments:

**Information and Referral Services**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:



Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:



Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Rehabilitation Services**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Respite Care**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Senior Centers**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:



Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

## Senior Employment Services

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Social Security / Medicare**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:



Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Transportation Services**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

**Volunteering**

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:

---

Agency Name:

Address:

Phone:

Fax:

e-mail:

Contact Person:

Services:

Comments:



## **Services and Resources for Caregivers: A Brief Description**

Adult Day Care: provides supervised daytime care, meals, etc. for older adults.

Adult Protective Services: Investigates complaints of abuse, neglect, self-neglect, or exploitation of adults 60+ and disabled persons 18+.

Alzheimer's Association: provides information, assistance, support for those with Alzheimer's disease and their families.

Area Agency on Aging: one of 668 local agencies set up by the Federal government to provide services to the 65+ population.

Care Management : Coordinates care for older persons with difficulties in activities of daily living and long-term care service needs. (National Association of Professional Geriatric Care Managers 1-520-881-8008)

Consumer Assistance: agency providing advocacy and assistance to consumers and local businesses.

Disability Services: provides assistance to those with disabilities to coordinate services and create maximum independence.

Eldercare Locator: Federal information program providing contact information for eldercare resources. (1-800-677-1116)

Elder Law (see also Legal Services): legal specialty dealing with trusts, estates, public benefits etc. of older adults and families.

Health Clinics: provide medical and immunization services for income-qualified residents.

Home Health Care: at-home nursing, rehabilitation, medication supervision and therapeutic services provided in the home by trained nursing and/or home health workers.

Home Delivered Meals: "Meals on Wheels" program delivering hot meals to homebound individuals who are unable to prepare their own meals or shop.

Housing:

Assisted Living / Personal Care : residential setting providing supervised housing, meals, medication supervision, activities, etc. but minimal nursing care.

Continuing Care: contracted lifelong housing, board, and health services provided in a residential setting

Independent Living: retirement housing for fully independent seniors.

Nursing Homes: provide 24-hour long- term nursing care, although some offer respite or short-term care as well.

**Information and Referral Services:** provide information about programs and services and assist in accessing services.

**Insurance Counseling:** provides information about insurance options and assistance in filling out medical insurance claim forms.

**Legal Services and Referrals:** provides assistance/counsel with legal issues relating to benefits, consumer credit, and sometimes with legal and estate planning documents.

**Long-Term Care Insurance:** insures for the costs of long-term care services such as home health, nursing home, community -based care, etc.

**Mental Health Services:** provides assessment and treatment services for emotional/behavioral disorders.

**Nutrition Programs:** provide meals, nutrition counseling, etc. usually at local senior centers.

**Nursing Care:** physician supervised care at home or in a nursing home or other residential setting.

**Recreation:** exercise, fitness, travel, etc. services for those 60+.

**Respite Care:** A service that provides temporary care for an older person. The purpose of the care is to allow the primary caregiver some short-term relief from their day-to-day responsibilities. Respite care may be provided in or out of the home.

**Senior Centers:** provides information, education, socialization, outings, etc. for people 60+.

**Senior Employment Services:** provides placement, employment counseling, skills training, etc. for those 55+.

**Social Security / Medicare:** national older adult, survivor, and disability benefit program, including Medicare health and rehabilitation services for those 65+ (1-800-772-1213)

**Social Services:** local governmental or private agencies contracted to provide information, referral, or intervention services.

**Support Groups:** provide family members and caregivers an opportunity to share information, feelings, and coping skills with others in a supportive atmosphere.

**Telephone Reassurance:** daily telephone contact services for older adults

**Transportation Services:** public or private transportation or community “paratransit” programs

**Visitation Services:** home visit/ socialization programs for homebound elderly.

Volunteering: community service opportunities or resources for those 60+.