



The
John A. Hartford
Foundation

Resource Guide for Family Caregivers

The [2022 National Strategy to Support Family Caregivers](#) provides a first-ever roadmap to improve access to information, services, and resources for family caregivers of all ages — from youth to grandparents. The National Strategy was presented to the U.S. Congress in 2022. Although the National Strategy alone will not create or expand services, and additional work is needed to increase access to resources, many resources are currently available. This guide presents a “how to” for family caregivers to learn about some of the existing resources that align with the areas of focus outlined in the National Strategy.

Resources that Raise Awareness and Outreach for Caregiver Needs

Some resources are designed to help family caregivers manage personal challenges they face. Resources include:

- Take care of [your own health and well-being](#) because caregiving, particularly if you are caring for a person with Alzheimer’s disease or a related dementia, can be rewarding but overwhelming.
- [Support those](#) who are experiencing mental health challenges by reaching out to them, asking them how they are doing and if you can help.
- [Stay socially connected](#) and prevent loneliness and isolation.
- Join the [Act on RAISE campaign](#) to help accelerate the implementation of the National Strategy to Support Family Caregivers.

Resources about Being a Member of the Care Team

Family caregivers are often called upon to deliver complex medical care with little to no training, but these online resources can help:

- Access helpful online training for caring for people with [dementia](#), [cancer](#), and [rare diseases](#), as well as caring for [older adults](#) and doing [caregiving from a long-distance](#).
- Help with [medications and medical devices](#).
- Collaborate more effectively with [professional caregivers](#).

Resources about Finding Services and Support on the Local Level

It's not easy to find good, affordable services and supports to provide care, but these resources can help:

- Find help in your community by [entering your zip code](#), or call the Eldercare Locator at [800-677-1116](tel:800-677-1116), or connect to family caregiver services by [state](#).
- Take a break and [find respite care](#) in your area because caregiving can be exhausting.
- Find free help for [military and veteran caregivers](#) or help for family caregivers at [Veteran Affairs Medical Centers](#).
- Join a support group such as the ones for caregivers of people with [Alzheimer's disease](#) or [cancer](#).

Resources on Maintaining Financial Security

Many caregivers worry about finances, and six out of 10 caregivers juggle employment and caregiving responsibilities. These resources may help you:

- Find out if and how to get a [tax break](#).
- See if you can get [leave from work](#) and learn how to talk to employers about taking time off for family and medical leave.
- Get tips for [financial planning](#).
- Create important [financial and legal documents](#), such as durable powers of attorney, health care proxies, living wills, last wills and testaments, and living trusts.
- Conduct [advanced care planning](#) for your spouse, so you know their preferences at the end-of-life, and use a [checklist](#) to get it all in order.
- Find out if and how you can be a [paid family caregiver](#).

[The Act on RAISE campaign](#) — powered by the National Alliance for Caregiving — is focused on driving implementation of the actions outlined in the National Strategy to Support Family Caregivers. Individuals and organizations are welcome to [join the campaign](#) to help accelerate the implementation of the National Strategy as envisioned in the RAISE Family Caregivers Act.