



SOME USEFUL INTERNET RESOURCES FOR FAMILY CAREGIVERS

Southern Maine Agency on Aging, www.smaaa.org, highlights the agency's many programs for older adults, adults with disabilities, and family caregivers. The Family Caregiver Support Program pages include many downloadable tools and resources.

Legal Services for the Elderly, www.mainelse.org, provides free legal assistance to socially and economically needy Maine residents age 60 and older, and offers consumer information on issues including legal rights, health care decision making, financial concerns, wills, fraud, and abuse (downloadable Elder Rights Handbook).

211Maine, www.211maine.org, is a statewide-directory of community resources including agency services and support groups.

Administration on Aging, www.acl.gov, is the government agency concerned with issues affecting older Americans (under the Administration for Community Living). This site offers information about older Americans, legislation, and programs.

Eldercare Locator, <https://eldercare.acl.gov>, can help you to find local Agencies on Aging / ADRCs, legal help and protective services for older adults and people with disabilities, anywhere in the US.

Maine Office of Aging and Disability Services, www.maine.gov/dhhs/oads/, is responsible for developing and overseeing many services for older adults and adults with disabilities in Maine. They offer assistance in finding sources for care, identifying benefit programs, and learning about resources. The book "Connections: A Guide for Family Caregivers in Maine" is downloadable from the website.

Plan Your Lifespan is an interactive website to help plan for health events such as hospitalizations, falls, and memory loss that may happen as people get older. It provides an easy-to-use tool that you can fill in with your plans, make updates as needed, and share with family and friends. www.planyourlifespan.org/

Next Step in Care (a campaign of the United Hospital Fund), www.nextstepincare.org, provides guides to help family caregivers and health care providers work closely together to plan and carry out smooth and safe coordination of care across settings.

National Institutes on Aging, www.nia.nih.gov, offers reliable health and resource information for consumers and professionals. Many publications are available free on line or in print.

Alzheimer's Disease Education and Referral Center (ADEAR), www.nia.nih.gov/alzheimers, a service of the National Institute on Aging, provides information and referral, publications, a database, and resources about dementia.

Alzheimer's Association, www.alz.org, has information about cognitive issues, problems and solutions, research and medical advances, public policy issues, caregiver support, and resources.

Alzheimer's Association, Maine Chapter, www.alz.org/maine offers support, resources and education for people with any type of dementia and those who care about them.

Centers for Medicare and Medicaid Services (CMS), www.medicare.gov, provides an overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits.

Caregiver Action Network, www.caregiveraction.org, is a charitable organization which focuses on addressing the special concerns of caregivers. They offer online and printable tips, guides, and other resources.

Family Caregiver Alliance, www.caregiver.org, has online fact sheets, publications, and support groups.

National Alliance for Caregiving, www.caregiving.org, is a joint venture of organizations to support caregivers. They sponsor the Family Caregiver Resource Connection, which reviews and rates hundreds of caregiving books, videos, etc.

National Academy of Elder Law Attorneys, www.naela.org, a membership organization of attorneys who specialize in elder law, offers a searchable national listing of member attorneys.

Ageing Life Care Association, www.ageinglifecare.org/, offers a searchable national listing of certified geriatric care managers.

AARP, www.aarp.org, provides benefits and entitlement information, caregiver and older adult education (including issues of older drivers, grandparents, and choosing a living environment), activities, and advocacy.