

## RESOURCES FROM CARING FOR LOVED ONES: CAREGIVING REALITIES AND RESOURCES WEBINAR

Below is a list of resources from our presenters, Dr. Carpenter and Dr. Morrow-Howell, during our recent Caring for Loved Ones: Caregiving Realities & Resources webinar.

### AARP

Helpful with a wide range of information and resources for caregivers, some tailored to specific caregiving groups.

<https://www.aarp.org/caregiving/>

### FAMILY CAREGIVER ALLIANCE:

Helpful with identifying resources and assistance when an older person needs more support.

<https://www.caregiver.org>

### ELDER CARE LOCATOR

Helpful with finding local resources for supporting older adults in the community.

<https://www.eldercare.acl.gov>

### ROSLYN CARTER INSTITUTE FOR CAREGIVERS

Helpful with information, resources, a crisis text line, and stress management tools.

<https://www.rosalyncarter.org/>

### ALZHEIMER'S ASSOCIATION

Helpful with specialized information for people caring for someone with cognitive impairment.

<https://www.alz.org/>

### AMERICAN PSYCHOLOGICAL ASSOCIATION

Briefcase of links to organizations and supports.

<https://apa.org/pi/about/publications/caregivers/resources>

### RESOURCES REGARDING WORK

Family Medical Leave Act (though unpaid)  
States with programs that offer paid family leave

<https://onpay.com/hr/basics/paid-family-leave-by-state>

<https://www.aarp.org/caregiving/financial-legal/info-2019/paid-family-leave-laws.html>

### RESOURCES REGARDING DEMENTIA

[https://www.alzheimers.org.uk/sites/default/files/2020-11/AS\\_77AC\\_The-Activities-Handbook.pdf](https://www.alzheimers.org.uk/sites/default/files/2020-11/AS_77AC_The-Activities-Handbook.pdf)

<https://radcsocialservicehub.com/activity-book-for-individuals-experiencing-memory-loss/>

<https://www.alz.org/help-support/resources/kids-teens/50-activities>

[https://www.in.gov/health/files/101\\_Things\\_to\\_do\\_with\\_resident\\_with\\_dementia.pdf](https://www.in.gov/health/files/101_Things_to_do_with_resident_with_dementia.pdf)

<https://www.voicesfoundation.org/101-things-to-do-with-dementia-patients/>

### RESOURCES REGARDING PALLIATIVE CARE

#### NATIONAL

<https://getpalliativecare.org/>

#### LOCAL TO THE ST. LOUIS AREA

<https://www.barnesjewish.org/Medical-Services/Palliative-Care/About-Palliative-Care/Palliative-Care-FAQ>

<https://www.bjchospice.org/Evelyns-House>

If you are interested in learning more about our presenters and the work they do, please visit the Harvey A. Friedman Center for Aging at <https://publichealth.wustl.edu/centers/aging/>

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