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# Websites for Caregivers

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This website list is for informational purposes only and does not constitute a referral recommendation or endorsement by Yale New Haven Hospital. Websites are subject to change, expire and information may be outdated. Discretion is advised.

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## Caregiver and Senior Websites

Website /Online article	Description
<a href="http://www.aarp.org">www.aarp.org</a>	The official site of the <b>American Association of Retired Persons (AARP)</b> . Contains articles and resources on caregiving, health, legal, legislative and social issues for people over 50.
<a href="http://ctagenciesonaging.org/">http://ctagenciesonaging.org/</a>	<b>Connecticut Association of Area Agencies on Aging</b> website includes links to the five Area Agencies on Aging (AAAs). Provides contact information and direct link to local AAAs.
<a href="http://www.caregiver.org">www.caregiver.org</a>	<b>Family Caregiver Alliance</b> website offers caregiving advice, a public policy section, fact sheets for caregivers and researchers, discussion groups and newsletters.
<a href="http://www.caregiver.com">www.caregiver.com</a>	A website from the magazine, <i>Today's Caregiver</i> .
<a href="http://www.caregiving.com">www.caregiving.com</a>	Online articles on caregiver issues. Includes stages in caregiving, a support center, frequently asked questions and caregiver stories.
<a href="http://www.thefamilycaregiver.org">www.thefamilycaregiver.org</a>	The <b>National Family Caregivers Association (NFCA)</b> is a grass roots organization created to educate, support, empower and speak up for the millions of Americans who care for chronically ill, aged or disabled loved ones. Provides services such as a bereavement kit, prescription drug discounts and a caregiver newsletter.
<a href="http://www.caregiving.org">www.caregiving.org</a>	<b>National Alliance for Caregiving</b> provides caregiver tips, links and book suggestions.
<a href="http://www.aginglifecare.org">www.aginglifecare.org</a>	<b>Aging Life Care Association (Formally National Association of Professional Geriatric Care Managers.)</b> Describes the role of the care manager and allows users to search for a local certified geriatric care manager.
<a href="http://www.nursinghomeinfo.com">www.nursinghomeinfo.com</a>	<b>Nursing Home Info</b> provides information about choosing a nursing home, listings of facilities and a needs assessment tool.
<a href="http://www.healthinaging.org">www.healthinaging.org</a>	<b>American Geriatric Society Foundation for Health and Aging</b> provides consumer oriented research from the American Geriatric Society. Click on <i>Public Education</i> for in-depth online articles on "Eldercare at Home," Falls Prevention," "Memory Loss," "Bladder Control" and more.

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Website/Online article	Description
<a href="http://www.eldercare.gov">www.eldercare.gov</a>	<b>The Eldercare Locator</b> allows users to search for eldercare resources in any state.
<a href="http://www.assistedlivinginfo.com">www.assistedlivinginfo.com</a>	<b>Assisted Living Info</b> is a guide for selecting an assisted living facility anywhere in the US. Tools are offered to evaluate needs along with facility selection tips and a map-based search engine.
<a href="http://www.aoa.gov">www.aoa.gov</a>	<b>The Administration on Aging</b> website provides a wide variety of information on aging, including publications, free resource materials and upcoming events.
<a href="http://www.nia.nih.gov/">www.nia.nih.gov/</a>	<b>The National Institute on Aging</b> offers the opportunity to order free literature on a wide range of topics.
<a href="http://www.alzwell.com">www.alzwell.com</a>	<b>Caregivers of persons with dementia</b> will find articles, materials and information.
<a href="http://www.wellspouse.org">www.wellspouse.org</a>	<b>Well Spouse Foundation</b> provides support to wives, husbands and partners of the chronically ill and/or disabled. The website offers chat rooms about specific topics and a “Links to Friends” feature with many <b>disease-specific sites</b> .
<a href="http://www.vnaa.org/find-a-provider">http://www.vnaa.org/find-a-provider</a>	<b>Visiting Nurses Associations of America (VNAA)</b> offers comprehensive home health care or personal care to individuals in their respective communities. This site lists VNA’s near you.
<a href="http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/4%20Care%20for%20the%20Caregiver/Taking_Care_of_You_SelfCare_for_Family_Caregivers.pdf">http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/4%20Care%20for%20the%20Caregiver/Taking_Care_of_You_SelfCare_for_Family_Caregivers.pdf</a>	<b>CDC Fact Sheet</b> offers information on self-care for caregivers to manage their stress and health so they can better care for their loved one.
<a href="https://archrespice.org/respitelocator">https://archrespice.org/respitelocator</a>	<b>The National Respite Locator Service</b> helps parents, family caregivers, and professionals find respite services in their state and local area to match their specific needs.
<a href="http://www.nadsa.org/about-nadsa/">http://www.nadsa.org/about-nadsa/</a>	<b>National Adult Day Services Association ( NADSA)</b> is membership organization with a directory of adult day services across the country

## Insurance and Government Benefit Program Sites

Website /Online article	Description
<a href="https://aoa.acl.gov/">https://aoa.acl.gov/</a>	Official website of the <b>Administration on Aging</b> . This U.S. government site describes programs and services for seniors that are funded by the Older Americans Act. Also provides articles on aging topics.
<a href="https://www.benefits.gov/">https://www.benefits.gov/</a>	<b>Gov Benefits</b> provides brief information about all types of government benefits and eligibility requirements
<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	The <b>National Council on Aging</b> site allows seniors to enter personal and financial data to identify their eligibility for federal and state entitlement programs. Includes programs that can help save money on prescription drugs.
<a href="http://www.cms.hhs.gov">www.cms.hhs.gov</a>	The <b>Centers for Medicare and Medicaid Services</b> provides fact sheets and technical information about Medicare and Medicaid programs.
<a href="http://www.infoline.org">www.infoline.org</a>	<b>INFOLINE of Connecticut</b> provides information about state financial assistance programs, housing, home care, support groups and legal issues.
<a href="http://www.medicareadvocacy.org">www.medicareadvocacy.org</a>	<b>The Center for Medicare Advocacy</b> helps seniors and people with disabilities understand Medicare benefits and obtain needed services. Extensive information on Medicare rights.
<a href="http://www.medicare.gov">www.medicare.gov</a>	The official US Government site for people with Medicare. Provides information about Medicare benefits, nursing home comparisons, Medigap insurance, prescription drug assistance and more.
<a href="https://www.medicare.gov/homehealthcompare/search.html">https://www.medicare.gov/homehealthcompare/search.html</a>	<b>Home Health Compare Tool</b> , an online tool that provides detailed information about Medicare-certified home health agencies across the country.
<a href="http://www.ct.gov/agingservices/site/default.asp">http://www.ct.gov/agingservices/site/default.asp</a>	<b>State of CT Dept of Social Services, Elderly Services Division</b> provides information about state entitlement and benefit programs for seniors.
<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>	<b>Social Security Online</b> provides information on all Social Security programs. This site allows you to calculate your benefits online.

## Elder Law and Legal Links

Website /Online article	Description
<a href="http://www.ctelderlaw.org">www.ctelderlaw.org</a>	<p><b>Ct Elderlaw.com</b> is a site sponsored by Connecticut Legal Services, Inc. Offers articles on nursing homes, patient rights, wills, funeral arrangements, health care and where to get legal help. Provides extensive information about Medicare and Medicaid.</p>
<a href="http://www.naela.org">www.naela.org</a>	<p><b>National Academy of Elder Law Attorneys.</b> The consumer section contains articles on how to select an elder law attorney. The site allows users to search for the names of elder law attorneys in all states.</p>
<a href="http://www.abanet.org/legalservices/public.html">www.abanet.org/legalservices/public.html</a>	<p><b>The American Bar Association</b> consumer's guide to legal issues and working with lawyers.</p>
<a href="http://seniornet.org/">http://seniornet.org/</a>	<p><b>SeniorNet</b> provides older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.</p>

## Health Links for Caregivers

Website /Online article	Description
<a href="http://www.labtestsonline.org">www.labtestsonline.org</a>	<b>Lab Tests Online.</b> A site maintained by medical laboratory professionals that provides information on medical tests and the meaning of results.
<a href="http://www.talkaboutrx.org">www.talkaboutrx.org</a>	<b>Talk About Rx.</b> The National Council on Patient Information and Education (NCPPIE) provides information about safe management of medications and information about specific drugs.
<a href="http://www.safemedication.com">www.safemedication.com</a>	A medication-information resource sponsored by the <b>American Society of Health System Pharmacists.</b>
<a href="http://www.drugs.com">www.drugs.com</a>	<b>Drugs.com</b> provides comprehensive, easy to read information on over 24,000 different drugs and medicines, for both consumers and healthcare professionals. Advanced features include a drug interaction checker, pill image database and pill identification wizard.
<a href="http://www.health.gov">www.health.gov</a>	<b>Toll Free Numbers for Health.</b> A U.S. government site that provides hundreds of toll-free telephone numbers for health information.
<a href="http://www.nccam.nih.gov">www.nccam.nih.gov</a>	<b>National Center for Complementary and Alternative Medicine.</b> A division of the National Institutes of Health that investigates the effectiveness and dangers of alternative therapies. Provides current warnings and research findings.
<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>	<b>Healthfinder.</b> Government gateway to consumer health and human services information. Includes topics such as caregiving, choosing a nursing home, social security and health topics.
<a href="http://www.choosingwisely.org/patient-resources/">http://www.choosingwisely.org/patient-resources/</a>	<b>Choosing Wisely</b> is resource that helping patients choose care that is supported by evidence, not duplicative of other tests or procedures already received, free from harm and truly necessary.

Website /Online article	Description
<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>	<b>MEDLINEplus Health Information.</b> Provides consumer access to the National Library of Medicine. Site includes health topics, drug information, medical dictionaries and other resources.
<a href="https://www.womenshealth.gov/">https://www.womenshealth.gov/</a>	<b>The National Women’s Health Information Center</b> provides articles on women’s health from the US Dept of Health and Human Services.
<a href="http://www.MayoClinic.com">www.MayoClinic.com</a>	<b>MayoClinic.com.</b> Health and wellness information from the Mayo clinic. Includes tools such as a personal health scorecard.
<a href="http://www.americanheart.org">www.americanheart.org</a>	<b>American Heart Association.</b> Provides information about heart disease, prevention and local programs. Heart Profilers are online medical decision tools that help you work with your doctor to make decisions about your care.
<a href="http://www.lungusa.org">www.lungusa.org</a>	<b>American Lung Association.</b> Information about lung diseases and help for quitting smoking. Provides Lung Profilers health decision tools for lung cancer, asthma and chronic obstructive lung disease (COPD).
<a href="http://www.diabetes.org">www.diabetes.org</a>	<b>American Diabetes Association.</b> Provides patient information, clinical trial information and research updates.
<a href="http://www.penncancer.org">www.penncancer.org</a>	<b>Abramson Cancer Center of the University of Pennsylvania</b> provides cancer information, articles and research updates.
<a href="http://www.mskcc.org">www.mskcc.org</a>	<b>Memorial Sloan-Kettering Cancer Center</b> provides information on cancer and treatment, prevention and screening, clinical trials and public education.
<a href="http://www.cancer.gov">www.cancer.gov</a>	<b>National Cancer Institute</b> provides cancer information, information on clinical trials and coping with cancer.

Website /Online article	Description
<a href="http://www.strokeassociation.org">www.strokeassociation.org</a>	<b>The American Stroke Association</b> website provides information about warning signs, stroke care, a heart and stroke encyclopedia and more.
<a href="http://www.nmss.org">www.nmss.org</a>	<b>The National Multiple Sclerosis Society</b> provides information about MS, living with MS, treatments, research and more.
<a href="http://www.alz.org">www.alz.org</a>	<b>The Alzheimer’s Association</b> website provides resources and articles on Alzheimer’s and related dementias.
<a href="http://www.alz.org/ct/">http://www.alz.org/ct/</a>	<b>The Alzheimer’s Association Connecticut Chapter</b> website provides local resources, programs and events related to Alzheimer’s and related dementia.
<a href="https://agencylocator.nahc.org/">https://agencylocator.nahc.org/</a>	<b>The National Association for Home Care (NAHC)</b> provides an online resource to help consumers find home care providers in their state and local area.