



FAMILY CAREGIVER RESOURCES

Family Caregiver Resources

- ✓ www.pilotinternational.org is the Pilot International website which includes a blog with tips for family caregivers.
- ✓ www.caregiving.org is the website for the National Alliance of Caregiving, a coalition of many different types of agencies that support caregivers.
- ✓ www.caregiver.va.gov is a website devoted to resources for caregivers of veterans. A manual providing self-care tips for caregivers is posted on the website.
- ✓ www.aacy.org is the website for the American Association of Caregiving Youth. This organization provides activities and support for youth caregivers.
- ✓ www.aarp.org/home-family/caregiving/ is AARP's caregiving resource website. There are online groups with comments from caregivers and a variety of self-help resources as well as tips on providing caregiving support.
- ✓ www.caregiverstress.com provides many resources for family caregivers. This includes a phone number for 24-hour support and resources.