

RESOURCES

BOOK

Morris, V. (2014) *How to care for aging parents: A one-stop resource for all your medical, financial, housing, and emotional issues* (3rd ed). Workman Publishing Company.

WEBSITES

AARP

<https://www.aarp.org>

Alzheimer's Association

<https://www.alz.org>

American Stroke Association

<https://www.stroke.org>

Caregiver Action Network

<https://caregiveraction.org>

CaringBridge

Stay connected to family and friends through any health journey.

<https://www.caringbridge.org>

Eldercare Locator

<https://eldercare.acl.gov>

Family Caregiver Alliance

<https://www.caregiver.org>

Lotsa Helping Hands

Organize help for someone in need. A central place to coordinate meals and assistance.

<https://lotsahelpinghands.com>

Medicare Provider Search

Find and compare nursing homes, hospitals and other providers near you.

<https://www.medicare.gov/care-compare>

Multiple Sclerosis Association of America

<https://mymsaa.org>

The National Alliance for Caregiving

<https://www.caregiving.org>

National Institute on Aging

<https://www.nia.nih.gov>

Parkinson's Foundation

<https://www.parkinson.org>

Listed resources are suggestions only;
FOH does not endorse any content or material provided.

YOUR ROADMAP TO CAREGIVING: BEING THERE FOR ADULT LOVED ONES

- *Parkinson's Foundation Fitness Fridays*
<https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-Health-at-Home/Fitness-Fridays>

APPS

CareZone

iOS/Android

<https://www.carezone.com>

CaringBridge

iOS/Android

<https://mobileapp.caringbridge.org/new>

Lotsa Helping Hands

iOS/Android

<https://lotsahelpinghands.com>

PODCAST

Bernardi, D. (Host). (2017–present). *Parents are hard to raise* [Audio podcast].

<https://parentsarehardtoraise.org>

PLANS AND GUIDES

Complete Care Plan Form

Centers for Disease Control and Prevention

<https://www.cdc.gov/aging/caregiving/pdf/complete-care-plan-form-508.pdf>

Home Modification Guide for Aging in Place

U.S. Department of Housing and Urban Development

https://www.hud.gov/sites/documents/home_mod_guide.pdf