

Caregiver Resources

General Resources/Articles on Caregiving:

- *AARP*: <https://www.aarp.org/caregiving/>
- *Caregiver Resource Guide*: <file:///C:/Users/levenal/Downloads/american-cancer-society-caregiver-resource-guide.pdf>
- *Caregiver Support Video Series*: <https://www.cancer.org/treatment/caregivers/caregiver-support-videos.html>
- *The National Alliance for Caregiving*: <https://www.caregiving.org/resources/>
- *Cancer Care*: <https://www.cancercare.org/tagged/caregiving>

Coping with Caregiving:

- *Tips for Navigating Caregiving*: <https://www.aarp.org/caregiving/basics/info-2021/sudden-caregiver.html?intcmp=AE-CAR-R5-C2-CORONA>
- *Managing Caregiver Stress*: <https://www.aarp.org/caregiving/life-balance/info-2019/caregiver-stress-burnout/?cmp=RDRCT-37632139-20211221>
- *Caregiver Journaling*: <https://www.aarp.org/caregiving/basics/info-2021/family-caregiver-journal.html?intcmp=AE-CAR-R5-C2-CORONA>
- *Caregiver Self-Care*: <https://www.health.harvard.edu/blog/self-care-for-the-caregiver-2018101715003>
- *A Beginner's Guide to Meditation for Caregivers*: <https://training.mmlearn.org/blog/a-beginners-guide-to-meditation-for-caregivers#:~:text=Mindful%20meditation%20for%20caregivers,re%20an%20outsider%20looking%20in>
- *Meditation & Mindfulness*: <https://familycaregivercouncil.com/do-you-mind-meditation-for-caregivers/>

Respite Care:

- *Tips/Guidance for Hiring In-Home Help*: <https://www.caregiver.org/resource/hiring-home-help/> & <https://www.aarp.org/caregiving/home-care/info-2018/hiring-caregiver.html?intcmp=AE-CAR-CRC-LLn>
- *Introducing In-Home Care When Your Loved One Says 'No'*: <https://www.caregiver.org/resource/introducing-home-care-when-your-loved-one-says-no/>

Family Meetings:

- *Tips for Family Meetings*: <https://www.caregiver.org/resource/holding-family-meeting/>

End of Life Planning/ Advanced Care Planning:

- *How to Start a Conversation About End-of-Life Care*: <https://www.aarp.org/caregiving/basics/info-2020/end-of-life-talk-care-talk.html?intcmp=AE-CAR-CRC-LL>
- *Advanced Directives*: <https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/?intcmp=AE-CAR-CRC-LL>
- *What to Do When a Loved One Dies*: <https://www.aarp.org/home-family/friends-family/info-2020/when-loved-one-dies-checklist.html?intcmp=AE-CAR-CRC-LL>

Caregiver Support Groups:

- *NYOH Caregiver Support Group*: file:///C:/Users/levenal/Downloads/Caregiver_support_group_flyer.pdf
- *ACS Hope Club*: <https://www.cancer.org/about-us/local/new-york/hope-club-schedule.html>