**Resources for Caregivers**

**Agingcare.com**

(239) 594-3222 <https://www.agingcare.com>

A for-profit organization with extensive online resources, including legal forums and caregiver guides.

**American Association of Retired Persons (AARP)**

(202) 434-2277 [www.aarp.org](http://www.aarp.org)

In addition to resources available in print and over the phone, AARP online videos cover topics such as managing stress, challenges specific to working and caregiving, talking about end-of life, and legal and financial issues: http://www.aarp.org/home-family/caregiving/care-for-yourself.html

**Caregiver Action Network**

(202) 454-3970 <http://caregiveraction.org>

"Caregiver Action Network (CAN) is the nation’s leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age."

CAN has instructional online videos such as how to take vital signs and how to give a shower-bath. http://caregiveraction.org/resources/instructional-caregiver-videos

**Caregiverstress.Com**

Run by the for-profit Homecare Instead, this website's tagline is "Care for yourself while caring for a loved one." <http://www.caregiverstress.com/> (no phone available)

**Caringbridge**

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

Organization that provides free private webpage to organize volunteers and inform friends and family members of needs and news.

**Crisis Response Services**  
(301) 429-2185 <https://www.thesantegroup.org/crisis-response-services>   
24/7 assistance to those experiencing a mental health crisis and are in need of a counselor.

**Eldercare Locator**

(800) 677-1116 <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Resources to find community assistance for seniors

**Home Instead Senior Care**

1-800-640-3914 <https://www.homeinstead.com/>

National for-profit organization helps identify local in-home help

**Leading Age** (Previously American Association of Homes and Services for the Aging)

202-783-2242 <http://www.leadingage.org/>

Education, advocacy, and applied research.

**Maryland Community Services Locator**

<https://211md.org/211provider-md-additional-services>

This organization can identify community organizations by zip code or county.

**National Association for Home Care and Hospice**

<http://www.nahc.org/>

A national professional association for home care and hospice providers, this national organization does advocacy. It also has suggestions for questions to ask when seeking service providers <http://www.nahc.org/consumer-information/home-care-hospice-basics/> and a home care/hospice locator that could be helpful for finding services when the caregiver and person providing care are out of town: <https://agencylocator.nahc.org/>

**Prince George’s County Department of Social Services**

(301) 209-5000

**Senior Information & Assistance Program, Prince George’s County**

(301) 265-8450; 1-866-DFS-4001

**Support Groups**

The **Holy Cross Caregiver Resource Center** can be reached at 301-754-7152. Please ask for more information about the Center's resources, to learn which groups are currently accepting new members, or to discuss other caregiving issues.

**Holy Cross Support Group for Caregivers for Seniors**

<http://holycross.drsreferralservice.com/p-88-support-group-for-caregivers-of-seniors.aspx>

*"Support for caregivers of all ill and/or aging seniors."*

**Holy Cross Support Group for Caregivers of Spouses**

<http://holycross.drsreferralservice.com/p-115-support-group-for-spouses.aspx>

*“Spouses who are caring for ill and/or aging spouses maybe facing the loss of their life's partner, coping with role reversal in their marriage, and much, much more. Bonding within the groups sometimes even helps with the lonliness along the journey.“*

**Holy Cross Support Group for Adult Children Caregivers**

<https://holycross.drsreferralservice.com/p-114-support-group-for-adult-children.aspx>

*"Adult children of all ages who are caring for ill and/or aging parents are invited to discuss problems, share idea and benefit from the support of those who are traveling the same caregiving journey."*

**Alzheimer Specific Support Groups**

The local chapter of the Alzheimer's Association has chapters throughout the area, for example in Bowie the 2nd Tuesday of every month from 10 am to 11:15 am at the Bowie Senior Center, 14900 Health Center Drive 14900, Health Center Drive 14900 Health Center Drive and the 4th Thurs of every month from 6 to 7:15 PM at 3032 Mitchellville Rd #102 in Bowie. Call 301 262 5082 to register. For groups at places such as Providence Hospital, Silver Spring, Laurel and Bethesda, see <https://sites.google.com/a/alz.org/nca-chapter-calendar/Support-Groups> or call the Alzheimer Association Helpline (800-272-3900), available 24/7, for information.

**Online Support Groups And Forums**

Caring.Com

<https://www.caring.com/support-groups>

Users post and respond to experiences and questions; broken down into different topics