

Family Caregiver Resource Guide

Key Programs, Phone Numbers, and Resources for Caregivers of Older Adults | SeniorFactsGuide.com

Caring for an aging parent or loved one can be one of the most rewarding — and most demanding — roles a person can take on. This guide summarizes the most important programs, organizations, and resources available to family caregivers across the United States.

Start Here — Your Most Important First Calls

Eldercare Locator

The national gateway to local aging services. Call or visit online to be connected with your local Area Agency on Aging which can help with home care, meals, transportation, respite care, legal assistance, and much more. This should be your very first call.

Phone: 1-800-677-1116 | **Web:** eldercare.acl.gov

Area Agency on Aging (AAA)

Local organizations in every community that coordinate services and support for older adults and caregivers. They can connect you with home care, nutrition programs, transportation, caregiver support, and benefits counseling — often at little or no cost.

Find yours: eldercare.acl.gov | **Phone:** 1-800-677-1116

State Health Insurance Assistance Program (SHIP)

Free, unbiased Medicare counseling available in every state. SHIP counselors can help you understand Medicare options, compare plans, identify benefits programs, and resolve billing problems.

Find yours: shiphelp.org | **Phone:** 1-800-MEDICARE (1-800-633-4227)

Benefits.gov

The official U.S. government website for finding federal and state benefits programs. Use the Benefit Finder tool to identify programs your loved one may be eligible for including Medicare Savings Programs, Extra Help, and more.

Web: benefits.gov

Caregiver Support and Education

National Family Caregiver Support Program

A federally funded program administered through local Area Agencies on Aging that provides information, counseling, respite care, caregiver training, and supplemental services to family caregivers of older adults. Available in every community.

Find services: eldercare.acl.gov | **Phone:** 1-800-677-1116

ARCH National Respite Network

Provides information about respite care resources — temporary relief for caregivers — nationwide. Includes a Respite Locator to find local programs.

Web: archrespite.org | **Respite Locator:** archrespite.org/respitelocator

Caregiver Action Network

A nonprofit organization that provides education, peer support, and advocacy for family caregivers. Offers online resources, a caregiver help desk, and caregiver recognition programs.

Web: caregiveraction.org | **Help Desk:** 1-855-227-3640

Family Caregiver Alliance

Provides information, education, and support for family caregivers including fact sheets, online support groups, a care navigator tool, and a policy center focused on caregiver issues.

Web: caregiver.org | **Phone:** 1-800-445-8106

AARP Caregiver Resource Center

Extensive online resources for family caregivers including guides, tools, and community forums. AARP also offers a free Care Guide and connects caregivers with local resources.

Web: aarp.org/caregiving | **Phone:** 1-877-333-5885

Caregiver Self-Care Reminder

- You cannot pour from an empty cup. Taking care of yourself is not selfish — it is essential.
- Signs of burnout include chronic exhaustion, irritability, withdrawal from activities, and neglecting your own health.
- Accepting help from others is a strength, not a weakness. Make a list of specific tasks others can help with.
- Contact your local Area Agency on Aging about respite care options — temporary relief is often available at low or no cost.
- If you are experiencing symptoms of depression or anxiety please speak with your own doctor.

Dementia and Alzheimer's Disease Resources

Alzheimer's Association

The leading national organization for Alzheimer's disease and dementia education, support, and advocacy. Offers a 24/7 helpline, care consultations, support groups, online resources, and a Community Resource Finder to locate local services.

Phone: 1-800-272-3900 (24/7) | **Web:** alz.org | **Community Finder:** alz.org/crf

Alzheimer's Foundation of America

Provides educational resources, a national memory screening program, and support for individuals and families affected by Alzheimer's disease and related dementias.

Phone: 1-866-232-8484 | **Web:** alzfdn.org

Lewy Body Dementia Association

Provides resources, support groups, and education specifically for people with Lewy body dementia and their caregivers. Includes a helpline staffed by trained volunteers.

Phone: 1-800-539-9767 | **Web:** lbda.org

Association for Frontotemporal Degeneration

Provides support, education, and research resources for people with frontotemporal dementia and their caregivers. Offers a helpline, online support groups, and a caregiver guide.

Phone: 1-866-507-7222 | **Web:** theaftd.org

National Institute on Aging — Alzheimer's Information

Research-based information from the federal government about Alzheimer's disease, related dementias, caregiving, clinical trials, and research developments.

Phone: 1-800-222-2225 | **Web:** nia.nih.gov/alzheimers

Government Benefits Programs

Medicare

Federal health insurance for people 65 and older and certain younger people with disabilities. Covers hospital care, doctor visits, preventive services, prescription drugs, and limited skilled nursing facility and home health care.

Phone: 1-800-MEDICARE (1-800-633-4227) | **Web:** [medicare.gov](https://www.medicare.gov)

Medicaid

Joint federal and state program providing health coverage and long term care benefits to eligible low income individuals. The primary payer for nursing home care. Apply through your state Medicaid agency.

Web: [medicaid.gov](https://www.medicicaid.gov) | **Find your state agency:** [medicaid.gov/state-overviews](https://www.medicicaid.gov/state-overviews)

Social Security Administration

Administers Social Security retirement and disability benefits, Supplemental Security Income (SSI), and Medicare enrollment. Create a free my Social Security account online to view benefit information.

Phone: 1-800-772-1213 | **Web:** [ssa.gov](https://www.ssa.gov)

Department of Veterans Affairs

Provides healthcare, disability compensation, pension, Aid and Attendance, and other benefits to eligible veterans and their families. Contact a Veterans Service Organization for free help applying for benefits.

Phone: 1-800-827-1000 | **Web:** [va.gov](https://www.va.gov) | **Veterans Crisis Line:** 988, press 1

Extra Help — Low Income Subsidy for Part D

Federal program that helps people with limited income and assets pay for Medicare Part D prescription drug costs including premiums, deductibles, and copays. Apply through SSA.

Phone: 1-800-772-1213 | **Web:** [ssa.gov/extrahelp](https://www.ssa.gov/extrahelp)

Supplemental Nutrition Assistance Program (SNAP)

Federal food assistance program for low income individuals and families. Many eligible older adults do not apply. Apply through your state's SNAP agency.

Web: [fns.usda.gov/snap](https://www.fns.usda.gov/snap) | **Find your state agency:** [fns.usda.gov/snap/state-directory](https://www.fns.usda.gov/snap/state-directory)

Home and Community-Based Services

Meals on Wheels America

National network of local programs delivering nutritious meals to homebound seniors. Also provides safety checks and friendly visits. Find your local program online.

Web: [mealsonwheelsamerica.org](https://www.mealsonwheelsamerica.org) | **Phone:** 1-888-998-6325

PACE — Program of All-Inclusive Care for the Elderly

A Medicare and Medicaid program that provides comprehensive medical and social services to frail older adults in a community setting as an alternative to nursing home care. Not available everywhere — check if your area has a PACE program.

Web: [npaonline.org](https://www.npaonline.org) | **Medicare PACE:**
[medicare.gov/what-medicare-covers/your-medicare-coverage-choices/pace](https://www.medicare.gov/what-medicare-covers/your-medicare-coverage-choices/pace)

Senior Corps — RSVP and Foster Grandparent Programs

Federal volunteer programs that connect older adults with opportunities to serve in their communities. RSVP volunteers often provide services to homebound seniors and caregivers.

Web: [nationalservice.gov/programs/senior-corps](https://www.nationalservice.gov/programs/senior-corps)

National Adult Day Services Association

Adult day care provides structured daytime supervision, activities, meals, and social interaction for older adults — giving family caregivers a regular break. Find a program near you through the national association.

Web: nadsa.org | **Phone:** 1-877-745-1440

Legal and Financial Resources

National Academy of Elder Law Attorneys (NAELA)

Find an elder law attorney who specializes in Medicaid planning, estate planning, guardianship, and other legal issues affecting older adults. Searchable directory by location.

Web: naela.org | **Phone:** 1-703-942-5711

Long Term Care Ombudsman Program

Free advocacy for residents of nursing homes, assisted living facilities, and other long term care settings. Investigates complaints and helps resolve problems. Find your local ombudsman through the Administration for Community Living.

Web: ltcombudsman.org | **Find yours:**
acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-Term-Care-Ombudsman-Program

Adult Protective Services (APS)

Government agency that investigates reports of abuse, neglect, and exploitation of vulnerable adults. Report suspected elder abuse to APS — you do not need proof, only a reasonable suspicion.

Find your state APS: napsa-now.org | **Emergency:** call 911

National Consumer Voice for Quality Long-Term Care

Advocates for the rights and quality of life of people receiving long term care. Provides resources for residents and families including a guide to residents' rights.

Web: theconsumervoice.org | **Phone:** 1-202-332-2275

Veterans and Their Families

American Legion

One of the largest Veterans Service Organizations providing free assistance with VA benefit claims, accredited claims representatives in every state, and support programs for veterans and their families.

Web: legion.org | **Phone:** 1-800-433-3318

Veterans of Foreign Wars (VFW)

Provides free assistance with VA benefit claims, veterans services, and community programs. VFW service officers are accredited by the VA and located nationwide.

Web: vfw.org | **Phone:** 1-816-756-3390

Disabled American Veterans (DAV)

Provides free assistance with VA benefit claims with a focus on disabled veterans. DAV transportation network provides free rides to VA medical appointments.

Web: dav.org | **Phone:** 1-877-426-2838

VA Caregiver Support Program

The VA offers a range of support services for caregivers of eligible veterans including the Program of Comprehensive Assistance for Family Caregivers (PCAFC) which provides a stipend, health insurance, mental health services, and respite care.

Phone: 1-855-260-3274 | **Web:** caregiver.va.gov

Crisis and Emergency Resources

Emergency Services

Call 911 immediately if your loved one is in immediate physical danger, has fallen and cannot get up, is having a medical emergency, or is being abused.

Phone: 911

Veterans Crisis Line

Confidential crisis support for veterans, service members, and their families. Available 24 hours a day 7 days a week by phone, text, or chat.

Phone: 988 then press 1 | Text: 838255 | Web: veteranscrisisline.net

Alzheimer's Association 24/7 Helpline

Round-the-clock support for people with dementia and their caregivers. Staffed by specialists who can provide information, counseling, crisis assistance, and referrals.

Phone: 1-800-272-3900 | Web: alz.org

National Suicide Prevention Lifeline

Free, confidential crisis support for people in emotional distress or suicidal crisis. Also available for family members concerned about a loved one.

Phone: 988 | Web: 988lifeline.org

SAMHSA National Helpline

Free, confidential information and treatment referral service for individuals and families facing mental health or substance use challenges. Available 24/7 in English and Spanish.

Phone: 1-800-662-4357 | Web: samhsa.gov/find-help/national-helpline

My Personal Contacts — Fill In and Keep Handy

Loved One's Primary Care Physician:

Specialist ():

Specialist ():

Home Care Agency:

Elder Law Attorney:

Local Area Agency on Aging:

Long Term Care Ombudsman:

Medicare Plan Customer Service:

Part D Drug Plan Customer Service:

Insurance / Long Term Care Insurance:

Primary Caregiver Backup Contact:

Other ():

This guide is for general informational purposes only. Phone numbers, websites, and program details are subject to change. Verify current information directly with each organization.

© 2026 SeniorFactsGuide.com — Plain-English guides on estate planning, elder care, and senior benefits.