



CAREGIVER FRIENDLY COMMUNITIES ASSESSMENT

General Resources

The Area Agency on Aging 1-B compiled general resources that are available to support the development of caregiver services and that are not specific to any of the eight Caregiver Friendly Communities Assessment domains, including general aging and caregiving resources that are available statewide in Michigan, available nationally, resources that are illness-specific and resources that are community-specific.

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Awareness of existing resources is oftentimes the biggest hurdle in supporting caregivers and their families. One organization in the Boston area won a 2016 National Association of Area Agencies on Aging (N4A) Innovation award for its ability to have caregiver resources available in a single online access point.

After MetroWest Health Foundation identified the need for a single online access point for caregiving information, it provided planning and implementation grants to support BayPath's efforts to make the site a reality. CareGivingMetroWest.org provides family caregivers in 25 MetroWest Boston communities real-time information and interaction, including a clickable map that allows users to view location-specific resource listings, an interactive glossary of caregiving terms, a blog, an assessment tool and a "Wellness Wall" offering tips and advice. BayPath hired a program manager to create, maintain, expand and promote the site. This work is supported through a series of grants from the MetroWest Health Foundation, in-kind contributions from BayPath Elder Services, Inc. and corporate sponsorships. A planning grant of \$60,000, implementation grant of \$160,000, and continuation grants of \$60,000 and \$45,000 have supported the project.

For more information about this project, contact BayPath Elder Services at <http://www.baypath.org/> or checkout the online guide at <https://www.caregivingmetrowest.org/>



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Michigan Resources

- Adult Protective Services: https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html
- Aging and Adult Services Agency of the State of Michigan: <https://www.michigan.gov/osa>
- Michigan Long Term Care Ombudsman Program: <https://mltcop.org/>
- Michigan Veterans Affairs Agency (MVAA): <https://www.michiganveterans.com/>

National Resources

- AARP - Family Caregiving: <https://www.aarp.org/caregiving/>
- ARCH National Respite Network and Resource Center: <https://archrespite.org/>
- Administration for Community Living - creating a person-centered plan for caregiving: <https://acl.gov/programs/consumer-control/person-centered-planning>
- Caregiver Action Network: <https://caregiveraction.org/>
- Eldercare Locator: www.eldercare.gov
- Family Caregiver Alliance: <https://www.caregiver.org/>
- Medicare: www.medicare.gov
- National Alliance for Caregiving: <https://www.caregiving.org/>
- National Association of Area Agencies on Aging: <https://www.n4a.org/>
- National Clearinghouse for Long-Term Care Information: www.aging.gov
- National Council on Aging: <https://www.ncoa.org/>
- National Institute on Aging - Caregiving: <https://www.nia.nih.gov/health/caregiving>
- Social Security Administration: www.ssa.gov
- Veterans Administration: www.caregiver.va.gov
- Well Spouse Association: <https://wellspouse.org/>

Illness-Specific Caregiver Resources

ALS (Amyotrophic Lateral Sclerosis)

- The ALS Association: <https://www.als.org/navigating-als/for-caregivers/caregiving-tips-and-hints>
- U-M Medicine (online support groups): <https://www.umich-als.org/resources/patient-and-family-support/#:~:text=ALS%20of%20Michigan%20hosts%20free,a%20day%20at%20a%20time.>

Alzheimer's Disease / Dementia

- Alzheimer's Association: <https://www.alz.org/>
- Alzheimer's Association support groups: <https://www.alz.org/help-support/community/support-groups>



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Illness-Specific Caregiver Resources (continued)

Arthritis/Osteoarthritis

- Arthritis Foundation: <https://www.arthritis.org/health-wellness/healthy-living/family-relationships/caregiving/solutions-for-nine-common-caregiving-challenges>
- Smart Patients (support groups): <https://www.smartpatients.com/forums/arthritis>

Cancer

- Cancer.net: <https://www.cancer.net/coping-with-cancer/caring-loved-one/tips-being-successful-caregiver>
- Cancer.net (support groups): <https://www.cancer.net/coping-with-cancer/finding-social-support-and-information/online-communities-support>

Chronic Pain

- Abbott: <https://www.neuromodulation.abbott/us/en/caregivers/becoming-caregiver/chronic-pain.html>

Depression

- Family Caregiver Alliance: <https://www.caregiver.org/resource/depression-and-caregiving/>
- Help Guide: <https://www.helpguide.org/articles/depression/depression-in-older-adults.htm>

Diabetes

- American Diabetes Association: <https://www.diabetes.org/>

Disability

- Beyond My Battle (support groups): <https://www.beyondmybattle.org/support-groups>
- Centers for Disease Control (CDC): <https://www.cdc.gov/ncbddd/disabilityandhealth/family.html>

Epilepsy

- Epilepsy Foundation: <https://www.epilepsy.com/living-epilepsy/epilepsy-and/older-adults/caregivers>

Hearing Loss

- Helen Keller National Services for Deaf-Blind Adults: <https://www.helenkeller.org/hknc/national-services-senior-citizens>



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Illness-Specific Caregiver Resources (continued)

Heart Disease

Heart Foundation: <https://www.heartfoundation.org.nz/your-heart/hearthelp/how-to-support-someone-with-heart-disease>

Kidney Disease

- Egan Home Health: <http://eganhealthcare.com/2017/09/how-to-care-for-someone-with-kidney-failure/>

Multiple Sclerosis

- Daily Caring: <https://dailycaring.com/caring-for-someone-with-multiple-sclerosis-symptoms-and-caregiving-tips/>
- National MS Society: <https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Guidebook-Caring-for-Loved-Ones-with-Advanced-MS-A-Guide-for-Families.pdf>
- Healthline (support groups): <https://www.healthline.com/health/multiple-sclerosis/support-groups>

Parkinson's Disease

- Parkinson's Foundation: <https://www.healthline.com/health/multiple-sclerosis/support-groups>

Respiratory Illness (asthma, emphysema, chronic bronchitis)

- Aging Care: <https://www.agingcare.com/articles/caring-for-a-loved-one-with-lung-disease-200009.htm>
- WebMD: <https://www.webmd.com/lung/features/caregiving-tips-for-a-loved-one-with-copd>

Stroke

- American Stroke Association: <https://www.stroke.org/en/help-and-support/for-family-caregivers>
- The Stroke Network (support groups): <https://www.strokenetwork.org/>

Vision Impairment/Loss

- Care & Comfort at Home: <https://careandcomfortathome.com/the-challenges-of-caring-for-someone-who-is-blind-or-visually-impaired/>
- Family Caregiver Alliance: <https://www.caregiver.org/resource/vision-loss-and-blindness/>
- VisionAware: <https://visionaware.org/emotional-support/for-family-and-friends/guidance-for-caregivers-of-individuals-who-are-blind-or-visually-impaired/resource-list-for-caregivers-of-individuals-with-vision-loss/>



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Community-Specific Caregiver Resources

African American/Black

- Grand Rapids African American Health Institute: <https://graahi.com/>
- Healthier Black Elders at Wayne State University: <https://iog.wayne.edu/about/healthier-black-elders-center>
- National Caucus and Center on Black Aging: <https://ncba-aging.org/health-and-wellness>
- Turner African American Services Council at U-M Medicine: <https://medicine.umich.edu/dept/geriatrics-center/community-programs/turner-senior-resource-center/turner-african-american-services-council-taasc>

Arab American / Chaldean

- ACCESS: <https://www.accesscommunity.org/>
- Arab American & Chaldean Council: <https://www.myacc.org/>

Asian American

- Asian Center of Southeast Michigan: <https://asiancentersemi.org/>
- National Asian Pacific Center on Aging: <https://www.napca.org/get-involved/our-partners/>
- West Michigan Asian American Association: <https://www.wm-aaa.org/>

Chinese

- Association of Chinese Americans: <https://acadetroit.org/>

General Diversity

- Diverse Elders Coalition: <https://www.diverseelders.org/who-we-are/>

Hispanic/Latino

- Detroit Hispanic Development Corporation: <http://www.dhdc1.org/>
- Latino Family Services: <http://www.latinofamilyservices.org/>
- National Hispanic Council on Aging (NHCOA): <https://www.nhcoa.org/about-us/>
- State of Michigan: <https://www.michigan.gov/hlcom/0,7478,7-354-80627-423957--00.html>

Indian

- Indian-American Community Services: <https://www.micsgroup.org/>

Jewish

- Jewish Community Center of Metropolitan Detroit: <https://www.iccdet.org/>



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Community-Specific Caregiver Resources (continued)

Korean

- Korean American Cultural Center of Michigan: <http://www.thekaccm.com/index.html>

LGBTQ

- SAGE: <https://www.sageusa.org/your-rights-resources/caregiving/>
- SAGE Metro Detroit: <https://www.sagemetrodetroit.org/>

Native American

- Inter-Tribal Council of Michigan: <https://www.itcmi.org/>
- Michigan Indian Elders Association: <https://www.michiganindianelders.org/>
- National Resource Center on Native American Aging: <https://www.nrcnaa.org/>

Phillipino

- Phillipine American Cultural Center of Michigan: <https://www.paccm.org/>