

## Section 5: Resources



### **In this section:**

- Caregiver Resources
- Helpful Tips for Caregivers
- Handwashing
- For amyloidosis resources visit <http://amyloidosis.org/resources/>

### **How to use this section:**

- Use this section to keep track of resources you encounter.
- These could be support groups, neighborhood assistance groups; an individual who provides a service you might need.
- Even if you don't need a resource right now, you might in the future. This section is a good place to keep this information so you can find it when you need it.
- We have included some information that caregivers have found helpful.

### **Notes:**

## Caregiver Resources

### AARP Family Caregiving

[www.aarp.org/caregiving/](http://www.aarp.org/caregiving/)

Find free care guides, legal checklists, care options and an online community that supports all types of family caregivers.

### AARP Free CARE Act Wallet Card

Download and print this card to keep with your loved ones medical cards at <https://www.aarp.org/caregiving/local/info-2017/care-act-aarp-wallet-card.html?intcmp=AE-CAR-R4-C2-LL7>

### Advance Directive Forms for your State

<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/> AARP.ORG provides Advance Directive forms for each state. Every adult should have an advance directive in which you explain the type of health care you do or do not want when you can't make your own decisions. You should also appoint someone who can speak for you to make sure your wishes are carried out.

### ARCH National Respite Network and Resource Center

[www.archrespite.org](http://www.archrespite.org)

Find programs and services that allow caregivers to get a break from caring for a loved one.

### Caregiver Action Network

[www.caregiveraction.org](http://www.caregiveraction.org)

Formerly known as the National Family Caregivers Association, it provides information and education for family caregivers, including a volunteer support network in over 40 states.

### eCare Diary

<http://www.ecarediary.com/>

Provides comprehensive information, tools and resources to help those seeking and providing long term care. A unique feature is the Care Diary, a set of online tools designed to make coordination of care and sharing of information easy amongst family members and other caregivers. eCare Diary also has a comprehensive database of nursing home and home care services, guides on long term care financing and information on important health care documents everyone should have.

Connects caregivers to local services and resources for older adults and adults with disabilities across the United States.

## Caregiver Resources

### Family Caregiver Alliance

[www.caregiver.org](http://www.caregiver.org)

800-445-8106

Information, education and services for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.

### Hospice Foundation of America

[www.hospicefoundation.org](http://www.hospicefoundation.org)

800-854-3402

Provides information on issues related to hospice and end-of-life care

### Lotsa Helping Hands

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Lotsa Helping Hands is a free caregiving coordination web service that provides a private, group calendar where tasks for which a caregiver needs assistance can be posted. Family and friends may visit the site and sign up online for a task. The website generates a summary report showing who has volunteered for which tasks and which tasks remain unassigned. The site tracks each task and notification and reminder emails are sent to the appropriate parties.

### Medicare

[www.medicare.gov](http://www.medicare.gov)

800-Medicare

Provides information about the parts of Medicare, what's new and how to find Medicare plans, facilities or providers.

### National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org)

A coalition of national organizations focused on family caregiving issues.

### National Institute on Aging Information Center

[www.nia.nih.gov](http://www.nia.nih.gov)

800-222-2225

Research leader on aging issues; information on common age-related health problems.

## Caregiver Resources

### **The National Clearinghouse for Long-term Care Information**

[www.longtermcare.gov](http://www.longtermcare.gov)

Information and tools to plan for future long-term care needs.

### **Social Security Administration**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

800-772-1213

Information on retirement and disability benefits, including how to sign up.

### **State Health Insurance Assistance Program**

[www.shiptacenter.org](http://www.shiptacenter.org)

A program that offers one-on-one insurance counseling and assistance to people with Medicare and their families.

### **Veterans Administration**

[www.caregiver.va.gov](http://www.caregiver.va.gov)

855-260-3274

Support and services for families caring for veterans. Maintains a VA caregiver support line.

### **Well Spouse Association**

[www.wellspouse.org](http://www.wellspouse.org)

800-838-0879

Provides support for spousal caregivers.

# Helpful Tips for Caregivers



Caring for a loved one can be physically challenging and emotionally draining. Here are some tips from other caregivers and the Amyloidosis Foundation staff.

- **Set up a support system...for YOU.** Friends, a spiritual advisor or counselor can help you emotionally during this time. Find a support group near you.
- **Take care of yourself.** Eat well-balanced meals, exercise and sleep. You can't be a good caregiver if you are exhausted or sick.
- **Take time for yourself.** Make arrangements to get away and take care of your own priorities.
- **Carry this binder with you.** It will help you organize information and keep documents in one place. It's also helpful to share with other caregivers.
- **Learn to delegate and accept help.** Let family and friends help with care, errands, meals, shopping, chores and driving. Use the 'Patient Support Team' roles and contact information list in this binder to organize your team.
- **Set up a system to provide patient updates.** Delegate someone to post updates via emails, Facebook, Twitter, CarePages.com, Lotsahelpinghands.com, or other social media networks. Remember to keep medical information private.
- **Ask questions** about the patient's needs and how they are being met. In this binder, helpful documents include 'Questions for the Doctor' and 'Patient Health Goals'.
- **Try to maintain a sense of humor.** Taking things one day at a time helps.

For more information, contact the Amyloidosis Foundation at: [info@amyloidosis.org](mailto:info@amyloidosis.org) or 1-877-269-5643 (1-877-AMYLOID).

Website: [www.amyloidosis.org](http://www.amyloidosis.org)



# Handwashing: A Family Activity

## Keeping Kids & Adults Healthy



**Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.**

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids



### Improving Health

- Handwashing education in the community:
  - » Reduces the number of people who get sick with diarrhea by 31%
  - » Reduces diarrheal illness in people with weakened immune systems by 58%
  - » Reduces respiratory illnesses, like colds, in the general population by 21%

### Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
  - » Less time spent at the doctor's office
  - » More time spent at work or school



### Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

*Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.*

**For more details, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).**

