

Benefits Checkup

BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more by simply entering you zip code.

www.benefitscheckup.org

CaringBridge

CaringBridge is a FREE social network keeping families connected during any type of health event.

www.caringbridge.org

USA.gov Caregiver Support

This resource helps find programs and services from the government and around your local community to help both the caregiver and care recipient.

www.usa.gov/disability-caregiver.com

National Council on Aging

NCOA provides resources, tools, and best practices based on your role as care giver or care recipient.

www.ncoa.org

AARP

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

www.aarp.com

Administration for Community Living

The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities.

www.acl.gov

Caregiving.Com

Caregiving.com is an excellent resource for support, forums to meet other caretakers, and helpful articles that assist in the everyday issues of family caregiving.

www.caregiving.com

Eldercare Locator

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

www.eldercare.acl.gov

Care.com

Care.com helps families source independent caregivers for short and long term in home care.

www.care.com

Eldercare Solutions

Elder Care Solutions helps families face the challenges of long-term care. We empower families by providing a bird's-eye view of all your options for facing your unique long-term care situation

eldercaresolutionsinc.com

ORGANIZATION	RESOURCE CATEGORY	WEBSITE
Virginia Department of Social Services (DSS)	Government Entity	www.dss.virginia.gov
Virginia Department for Aging and Rehabilitative Services (DARS)	Government Entity	www.dars.virginia.gov
Virginia Department of Health (VDH)	Government Entity	www.vdh.virginia.gov
Virginia Department of Behavioral Health and Disability Services (DBHDS)	Government Entity	www.dbhds.virginia.gov
Virginia Department of Medical Assistance Services (DMAS)	Government Entity	www.dmas.virginia.gov
Virginia Department of Education (DOE)	Government Entity	www.doe.virginia.gov
Virginia Caregiver Coalition (VCC)	Supported by DARS	www.vda.virginia.gov/vcc.htm
DARS: Division for Aging Services Virginia Lifespan Respite Voucher Program	Administered by DARS; (\$595 respite voucher) If you have questions or need assistance completing this application contact: Email: vlrvp@dars.virginia.gov Phone: (804) 662-7650 Call Toll free at: +1-800-552-3402	Website: https://www.vda.virginia.gov/vlrv.htm Application: https://sharepoint.wwrc.net/VDAPublic/Shared%20Documents/Application%20Packet%20FILLABLE.pdf
Virginia Department of Rail and Public Transportation (DRPT)	Government Entity Commuter Assistance Program	www.drpt.virginia.gov drpt.virginia.gov/our-grant-programs/cap/

ORGANIZATION	RESOURCE CATEGORY	WEBSITE
National Alliance for Caregiving	National organization supporting caregivers	www.caregiving.org
Caregiver Action Network	<p>National organization supporting caregivers</p> <p>Their Caregiver Help Desk offers free support to family caregivers via phone, chat, or email.</p> <p>Monday - Friday: 8:00 am - 7:00 pm est.</p> <p>Get answers, resources, support group info, or a listening ear.</p>	<p>Website: www.caregiveraction.org</p> <p>Helpdesk Website: www.caregiveraction.org/helpdesk</p> <p>Call 855-277-3640</p>
Elizabeth Dole Foundation	National organization supporting and honoring our nation's military caregivers; the spouses, parents, family members, and friends who care for America's wounded, ill, or injured veterans.	elizabethdolefoundation.org
Rosalynn Carter Institute for Caregivers	National organization supporting caregivers	www.rosalynncareter.org
<p>SeniorNavigator.org</p> <p>VirginiaNavigator.org</p> <p>disAbilityNavigator.org</p> <p>VeteransNavigator.org</p>	<p>Information and Referral Resource Site (Free)</p> <p>Offers 26,000+ local, statewide and national programs and services.</p> <p>Offers resources specifically for caregivers</p>	<p>SeniorNavigator.org</p> <p>VirginiaNavigator.org</p> <p>disAbilityNavigator.org</p> <p>VeteransNavigator.org</p> <p>Web Link to Caregiver Page: https://virginiannavigator.org/basic-page/92651/caregivers</p>

ORGANIZATION	RESOURCE CATEGORY	WEBSITE
211 Virginia	Information and Referral Resource Site (Free) Call, Chat, Email, Text or Search. Available 24/7	www.211virginia.org
UniteUs	National Information and Referral Resource Site (Free)	www.uniteus.com
FindHelp	National Information and Referral Resource Site (Free)	www.findhelp.org
LeadingAge Virginia	Association of Not-for-profit aging service organizations serving residents and clients through life plan/continuing care retirement communities, senior housing, assisted living, nursing homes, adult day centers and home and community based services.	www.leadingagevirginia.org
Online Groups / Newsletters	Search for diagnosis specific or caregiver support groups via: <ul style="list-style-type: none"> • National organizations (above), • Information and Referral organizations (above), • Diagnosis specific national associations, • Request information from your primary care physician or specialist (to include your care recipient's physicians) • Social Media Platforms (search engine) - i.e. Facebook • Numerous Care Management Apps also have resource pages that include links to support groups 	
Primary Record	Technology Apps and Devices App designed for families to have one secure place to organize, collaborate & share your family's health information.	www.primaryrecord.com

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<p>AgeTech Collaborative from AARP</p>	<p>Technology Apps and Devices</p> <p>AARP AgeTech has a wealth of technology solutions designed to meet the world's aging population.</p> <p>Search Categories: Assistive Technology, Caregiving, FinTech, Health, Smart Living, Social Engagement, Women's Health</p>	<p>home.agetechcollaborative.org/startup/directory</p>
<p>Adaptive Equipment and Caregiving Corner</p>	<p>Online Training</p> <p>Offers educational, instructional videos, and home medical equipment product reviews for professional caregivers, families caring for a loved one, and older adults who want to age in place.</p>	<p>www.adaptiveequipmentcorner.com</p> <p>Follow on all YouTube and all social media platforms</p>
<p>Confessions of a Reluctant Caregiver</p>	<p>Podcast, Training, Resources, Newsletter, Speaking Engagements, Advocacy.</p> <p>Podcast available on all podcast platforms like Apple, Spotify.</p> <p>Video on YouTube. Follow on all social media platforms</p>	<p>www.confessionsofareluctantcaregiver.com</p> <p>YouTube @confessionsreluctantcaregiver</p> <p>Also on UK Health Radio, Shequonomi.com, Babyboomer.org.</p>
<p>Happy Health Caregiver</p>	<p>Podcast, Training, Resources, Newsletter, Speaking Engagements, Advocacy.</p> <p>Follow on all social media platforms</p>	<p>www.happyhealthycaregiver.com</p> <p>Podcast available on all podcast platforms like Apple, Spotify.</p>

ORGANIZATION	RESOURCE CATEGORY	WEBSITE
WillGather / Navigating the World with Your Aging Loved One	Podcast, Resources, Advocacy. Podcast available on Apple and Spotify. Follow on all social media platforms	www.willgather.com
Dementia Darling / Gather Darlings	Podcast, Training, Resources, Speaking Engagements, Advocacy. Podcast available Apple and Spotify. Follow on all social media platforms	www.dementiadarling.com
My Pivotal Point: Caring for Caregivers with Robin Weeks	Caregiver Consulting, Training, Education, Coaching. Online support group.	www.mypivotalpoint.com Caregiver Consulting www.mypivotalpoint.com/caregivingconsulting
The Health Caregiver with Kaley Johnson	Caregiver Support Group - Online	Find on Facebook "The Health Caregiver" (Private Group, free to join)
Caregiver Warrior with Susanne White	Caregiver Advocate, Blogger, Speaker, Author, Resources Follow on all Facebook, Instagram, X (Twitter), Pinterest, Linked In	www.caregiverwarrior.com
The Caregiver's Journey with Sue Ryan	Podcast, blogs, social media, caregiving-oriented books, online courses, training Focus: Alzheimer's and Other Dementia Family Caregivers	thecaregiversjourney.com

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All Home Care Matters	Podcast and YouTube show dedicated to providing resources for long-term care Podcast available on Apple and Spotify. Follow on all social media platforms	www.allhomecarematters.com
Sustainable Caregiving	Podcast, Training, Resources, Speaking Engagements, Advocacy, Author Podcast available Apple and Spotify. Follow on all social media platforms	www.sustainablecaregiving.com
Keys for Caregiving	Caregiver Consulting, Training, Education, and Coaching.	www.christinakeys.com
Caregivers Lifestyle	Caregiver support, events, and videos. Follow on Facebook, Instagram, and TikTok	www.caregiverslifestyle.com
The Whole Care Network	Global network of care podcasts, streaming radio, blogs, videos, care courses, and more.	www.thewholecarenetwork.com
We are Brave Together with Jessica Patay	Podcast, Blogs, social media, books, online courses, training Focus: Community for Moms of children with disabilities and all unique needs.	www.wearebravetogether.org

ORGANIZATION	RESOURCE CATEGORY	WEBSITE
My Care Friends	Free service providing caregivers and patient advocates a safe, secure environment to connect, share and support each other.	www.mycarefriends.com
Team CarePal	App that helps families communicate, coordinate, and access resources for caregiving.	www.teamcarepal.com
CareLink360	Device providing video chat, photo sharing, touch screen health and wellness tools and education, medication and activity reminders designed for seniors,	www.mycarelink360.com
Yoga4Caregivers	Focus: Learn evidence-based practices proven to reduce stress, release tension, and support your whole health.	www.yoga4caregivers.com
Grand Plans	Blogger, Speaker, Author, Resources Focus: Normalizing conversation and thinking about our senior sunset strolls	www.mygrandplans.com
Young Life Interrupted	Podcast, blogs, social media Podcast available Apple and Spotify. Follow on all social media platforms Focus: Millennial Caregivers	www.facebook.com/younglifeinterrupted