

1. [AARP](#) – This well-known advocacy organization for seniors also provides resources for family caregivers. Articles and ideas are available to help caregivers.
2. [Adult Children of Aging Parents](#) – This organization provides information, resources and support for adult children caregivers of aging parents.
3. [Aging Life Care Association](#) – Formerly known as the National Association of Professional Geriatric Care Managers. This site explains how aging life care professionals can help with common age-related challenges, and provides a directory to help you locate a professional. These professionals usually have to be paid out of pocket, but they can be a huge help for families providing care at a distance, or just if you need extra help problem-solving.
4. [Alzheimer's Association](#) – Find out how to identify Alzheimer's and other dementia, and find support for caregivers, at this association's website.
5. [Caring Connections](#) – From the National Hospice and Palliative Care Organization, this site offers a wealth of resources for caregivers and families of seniors.
6. [Family Caregiver Alliance](#) – This group provides services to family caregivers of adults with physical and cognitive impairments, such as Alzheimer's, Parkinson's, stroke and other types of dementia.
7. [Family Care Navigator](#) – A resource from Family Caregiver Alliance, this page helps connect you to essential family caregiver resources for your state.
8. [FCA CareNav](#) – A service of Family Caregiver Alliance, this site will connect you with a personalized dashboard with tip sheets, videos, classes and other resources for family caregivers.
9. [Independent Transportation Network](#) – This nonprofit transportation service provides rides for non-emergency purposes to older adults for a membership fee.
10. [Meals on Wheels Association of America](#) – This program provides nutrition to seniors throughout the United States. A search on the site will help you locate one of more than 5,000 senior nutrition programs in the nation.
11. [National Alliance for Caregiving](#) – This advocacy group supplies caregivers with tip sheets, podcasts, publications and websites on a variety of topics.

12. [National Council on Aging](#) – This group is an advocacy organization helping older Americans and their caregivers. Among its services is the [BenefitsCheckUp](#), which identifies programs and services seniors are eligible for.
13. [National Elder Law Foundation](#) – This organization’s site includes a feature to help you find a certified elder law attorney near you.

Blogs and Websites

14. [AgingCare.com Caregiver Forum](#) – This active caregiver forum is a good source of emotional support and ideas for navigating common challenges of caring for elderly parents.
15. [As Our Parents Age](#) – A blog by educator Marti Weston, she shares her thoughts on living with aging parents, along with some advice for adult children caregivers on such topics as falls, Medicare and COVID-19.
16. [Caregiver Stories](#) – This blog maintained by the Family Caregiving Alliance shares caregivers’ stories, including the experiences of adults caring for aging parents.
17. [Caregiver Warrior](#) – Blogger Susanne White shares her experience caring for her late parents, and has maintained her site as a resource for other caregivers.
18. [Daughterhood.org](#) – This caregiving site aimed at women caring for aging parents features groups, ideas and a blog.
19. [Lotsa Helping Hands](#) – This free caregiving coordination service provides a private group calendar where caregivers can post tasks that friends and family can help with. The site also has an app (see below).
20. [Senior Lifestyle blog](#) – Our blog offers articles on resources for caregivers, resources for seniors, facts about senior care communities and more.

Government Resources

21. [Administration on Aging](#) – This agency administers many national programs and services for seniors, including elder abuse prevention, free health insurance counseling, help with long-term care planning, and legal assistance.

22. [Americans with Disabilities Act National Network](#) – This site provides information, briefings and free publications on the regulations granting universal access to the disabled and their caregivers.
23. [Benefits.gov](#) – Make sure your elderly parent is receiving all the benefits available. This site has a comprehensive [Benefit Finder](#) tool that provides information on federal, state and local programs across different agencies.
24. [Department of Veterans Affairs](#) – Here is a range of help for military veterans or the surviving spouse of veterans. The VA site also offers [Caregiver Support](#) for aging veterans' families.
25. [Eldercare Locator](#) – In partnership with several government agencies, the Administration for Community Living offers this site that can help elders and their caregivers find services, transportation, housing and benefits along with tips and other resources.
26. [Healthfinder.gov](#) – From the Office of Disease Prevention and Health Promotion, this site helps you identify which screening tests and vaccines your loved one may need.
27. [Health Insurance Portability and Accountability Act](#) – While HIPAA protects medical information, it can make it hard for family and caregivers to access the information they need. The HIPAA website can help caregivers obtain authorization forms to share medical details.
28. [Medicaid](#) – Find out more about the Medicaid benefits your elder parent could be qualified to receive.
29. [Medicare](#) – This is the site for the federal health insurance system for elders and those with certain disabilities. Along with information about obtaining Medicare, you can find [information for family caregivers](#).
30. [National Association of Area Agencies on Aging](#) – This site from the U.S. Administration on Aging has general information about eldercare and can give area-specific referrals to aging-related programs and services.
31. [Supplemental Security Income](#) – Find out how the SSI program can help you get a larger monthly benefit for your elderly parents.
32. [U.S. Senators](#) and [U.S. Representatives](#) – Every senator and many congresspersons have staff specialists on elder affairs or services that can help you and your loved one.

Apps

33. [CaringBridge](#) – Keep track of your loved ones and connect with family caregivers and supporters. You can share information on your personal site. ([Apple](#))
34. [Caring Village](#) – This site helps family caregivers coordinate and keep track of their elderly parents' care. There is a charge for this service. ([Apple](#)) ([Android](#))
35. [Lotsa Helping Hands](#) – This app pairs with the Lotsa Helping Hands to create a community of support around your loved one. Invite family, friends, caregivers and others to share in your journey. ([Apple](#)) ([Android](#))
36. [Medisafe](#) – This app can help you track your parents' medications with reminders and information on interactions, along with other helpful facts. ([Apple](#)) ([Android](#))
37. [MindMate](#) – Find a daily activities plan that can help your aging parent keep mind and body fit. ([Apple](#))
38. [PainScale](#) – This app can help you track and manage an elderly loved one's pain. A diary of pain, medication, activity, mood and sleep quality can generate a report to be shared with medical professionals. ([Apple](#)) ([Android](#))
39. [Sanvello](#) – This app is especially for stressed-out caregivers. Quick activities, clear goals and community support help you address the anxieties of caring for aging parents. ([Apple](#)) ([Android](#))
40. [Symple](#) – This app helps you journal your loved one's feelings and monitor their health. Track well-being, steps, meals, medications, sleep and overall well-being. ([Apple](#))