

Caregiver Classes

Programs that provide training on care-related activities for families and home-based caregivers.

Article

Celebrating Our Communities' Caregivers

November is National Family Caregivers Month—a time to recognize, celebrate and support America’s 53 million family caregivers. This month find ways to support the caregivers in your life and community.

Source

[Family Caregiver Alliance](#)

Article

Around the Clock Caregiving

Around the Clock Caregiving helps caregivers assist their loved ones with the day-to-day activities of living.

Source

[Caregiver Action Network](#)

Videos

Fast-Forward: Explore your aging and look into your family's future...

If you could see your family’s future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves.

Source

[PBS](#)

Videos

AARP Caregiving How-To Video Series

The Home Alone Alliance has developed “How-To” videos and resource guides for family caregivers that address specific medical/nursing tasks. Go to the Family Caregiving How-To Video Series to view the videos and resource guides, many of which are available in both English and Spanish, and are free of charge.

Source

[AARP](#)

Books & Guides

Financial Steps for Caregivers: What You Need to Know About Protecting Your Money and Retirement

[Financial Steps for Caregivers](#) provides valuable financial information for caregivers.

Source

[Women's Institute For A Secure Retirement](#)

Links

AARP: Family Caregiving

Source

[AARP: Family Caregiving](#)

Article

Telephone Tips and Techniques for Accessing Resources

Here are some tips and techniques for getting the most out of telephone conversations to verify information, find answers to questions, or arrange for services.

Source

[Caregiver Action Network](#)

Article

Caregiving 101: On Being a Caregiver

Caregiving has many challenges and also many rewards. This article covers important topics for caregivers.

Source

[Family Caregiver Alliance](#)

Article

Caregiver Self Assessment Questionnaire

How are you? The Caregiver Self Assessment Questionnaire helps caregivers identify their own needs and offers strategies for follow up.

Source

[HealthinAging.org](#)

Books & Guides

The Caregiver's Resource Library

[The Caregiver's Resource Library](#) from AgingCare.com is an essential resource for all caregivers.

Source

[AgingCare.com](#)

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