



CARE GIVER RESOURCES

Below is a list of Care Giver Resources, their website address and/or telephone number

- **AARP:** This organization supplies information about caregiving, long-term care and aging, including publications and audiovisual aids for caregivers. The free online book by caregiving expert Amy Goyer www.aarp.org/caregivingbook is just one example of the educational resources provided. Contact: www.aarp.org/caregiving (or) Caregiver Support Line 1-877-333-5885

- **ALZHEIMER'S TENNESSEE, INC.** provides family support, offers community and professional education, advocates for the needs and rights of those with Alzheimer's disease and related dementias, as well as research for its prevention, cure, and treatment: www.alztennessee.org

Cookeville, TN Office

1459 Interstate Drive, Suite 211
Cookeville, TN 38501
Phone: 931-526-8010

Knoxville, TN Office

5801 Kingston Pike
Knoxville, TN 37919
Phone: 865-544-6288

- **Benefits CheckUp:** This website, operated by the National Council on the Aging, identifies federal and state assistance programs for older American in each community. For further information contact: www.benefitscheckup.org (and) www.ncoa.org
- **First Gov for Seniors:** A web site maintained by the Social Security Administration to provide an up-to-date overview of health, wellness and financial issues of interest to older person and their families. www.seniors.gov
- **National Alliance for Caregiving:** The NAC is dedicated to providing support to family caregivers of older persons, and the professionals who help them, and to increase public awareness of issues facing family caregiving. www.caregiving.org
- **National Family Caregivers Association:** NFC is dedicate to making life better for all of America's family caregivers. Family caregivers focus on their loved ones' needs; NFCA focuses on family caregivers. www.nfcacares.org
- **Today's Caregiver Web Magazine:** Dedicated to those caring for loved ones, written for caregivers by caregivers and dealing with topics like stress and depression management, financial, legal and medical advice, housing and incontinence. www.caregiver.com
- **U.S. Administration on Aging:** The Federal agency that develops programs and information resources for the elderly and their families. www.aoa.gov