



National Caregiver Directory

Seniors Resource Guide.com Edition
National Caregiver Directory

Connecting

Patients & Families Healthcare Facilities Caregiver Services



www.FamilyCaregiverNetwork.com

www.FamilyCaregiverNetwork.com

Clinic Resource Group's National Caregiver Directory

*Connecting
Patients & Families, Health Care Facilities and Caregiver Services Nationwide*

Introduction

The nation's leading reference guide in locating local caregiver and wellness services. All directory service providers are members of the Family Caregiver Network offering a wide variety of support services including Patient Wellness and Assessment Programs, Caregiver Education, Medication-Personal Monitoring and Care Coordination. All designed to enable patients and families to have peace of mind while living more independent and quality driven lives.

Patient Assessment programs are designed to help caregivers and patients in areas such as; preventative care, continence management, nutritional, senior exercise, mobility programs, and home safety all focused on activities of daily living support contributing to the overall health benefits of their patients.

Many providers have Certified Wellness Specialists on staff with particular knowledge on designing programs for rehab patients transitioning back home, oncology wellness programs focused on gaining strength and vitality, disease management support as well as general aging challenges. All offer short and long term care plans in association with the patient, family and medical providers.

In today's web of medical costs and challenges Family Caregiver Network members focus on each patient's needs while helping lower everyone's healthcare costs through wellness and care programs.

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Questions? Contact Clinic Resource Group, Inc. - 800-994-1143

9249 S. Broadway, Suite 200-#532, Highlands Ranch, Colorado 80129

email: info@ClinicResourceGroup.com

Arizona

Tempe, Arizona

Arizona Home Care – 602-252-5000

Serving Tempe, Arizona & Surrounding Area
1626 S. Edward Drive, Tempe, AZ 85281
www.azhomecare.com

Tucson, Arizona

Always Best Care of Tucson - 520-225-0561

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www.alwaysbestcare.com

Arkansas

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Senior Helpers® - 479-246-9000

Serving all of Northwest and Western Arkansas
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www.Seniorhelpers-arkansas.com

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Bristol, Connecticut

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www.abcofgreaterbristol.com

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Serving Hartford County, Middlesex County and Parts of Tolland & New London Counties
642 Hilliard Street Suite 1109, Manchester, CT 06042
www.ABCCentralCT.com

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Independence @ Home - Homemaker and Companion Services - 239-495-3040

Serving Lee and Collier County, Florida
27499 Riverview Center Blvd, Suite 231, Bonita Springs, FL 34134
www.myindependenceathome.com

Hollywood, Florida

Senior Helpers Home Health Agency - 954-437-9880

Serving Broward and Miami Dade County
8910 Miramar Parkway #316, Miramar, FL 33025
www.seniorhelpers.com/location1237

Orlando, Florida

Always Best Care Senior Services of Orlando - 407-438-4844

Serving the Metro Orlando area including Orange, Seminole & Osceola Counties
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www.Orlando.alwaysbestcare.com

South Palm Beach, Florida

Senior Helpers® of South Palm Beach- 561-969-9990

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6801 Lake Worth Road, Suite 103, Greenacres, FL 33467
www.seniorhelpers.com/location/1209

Tampa, Florida

Always Best Care – Florida West - 813-422-1561

Serving Florida's West Central Region – Tampa Bay Area (Hillsborough, Pinellas, Pasco)
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www.alwaysbestcarefloridawest.com

Always Best Care of North Tampa – 813-310-6988

Serving Hillsborough County
16614 N. Dale Mabry, Tampa, FL 33618
www.AlwaysBestCareNorthTampa.com
Caregiving Classes Offered: American Red Cross Family Caregiving

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Gainesville, Georgia

Senior Helpers® - Gainesville, Georgia - 678-807-2220

Serving the North Georgia Area
329 Oak Street, Suite 201, Gainesville, GA
www.seniorhelpers.com/gainesville

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Chicago, Illinois

Open Arm Solutions – Northbrook, Illinois – 847-272-4997

Serving the Chicagoland North & Northern Suburbs
900 Skokie Blvd, Suite 212, Northbrook, Illinois 60062
www.OpenArmSolutions.com

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Serving Dupage County and Cook County, Illinois
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www.AlwaysBestCareDuPage.com

Glenview, Illinois

Always Best Care North Shore – 847-730-5930

Serving Chicago's Northern Suburbs, Illinois
www.SeniorCareNorthShore.com

Kane, DuPage and McHenry Counties, Illinois

Always Best Care of Kane County - 630-365-9755

Serving Kane, DuPage & McHenry Counties
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www.alwaysbestcarekanecounty.com

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Crown Point, Indiana

Senior Helpers® - Crown Point, Indiana - 219-662-2999

Serving Northwest Indiana
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www.seniorhelpers.com/crownpoint

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www.NorthCentralIndiana.AlwaysBestCare.com

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Senior Helpers Homecare - 515-251-7444

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www.alwaysbestcarecedarvalley.com

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Always Best Care of Johnson County - 913-708-8330

Serving Kansas City Metro Area

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www.AlwaysBestCareJohnsonCounty.com

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Louisville, Kentucky

Always Best Care Southeast Louisville - 502-265-5848

Serving Hikes Point, Fern Creek, Middletown, Anchorage, Jeffersontown and the surrounding area

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www.abc-selouisville.com

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Always Best Care of Baton Rouge – Baton Rouge, Louisiana – 225-771-8605

Serving Southern Baton Rouge & the Surrounding Area

8044 Summa Avenue, Suite 2C, Baton Rouge, LA 70809

www.alwaysbestcarebrsouth.com




Find this company on
SeniorsResourceGuide.com
[Baton Rouge](#)

New Orleans, Louisiana

The Archdiocese of New Orleans – Chateau de Notre Dame – 504-866-2741

2832 Burdette Street, New Orleans, LA 70125

www.CDND.org



Find this company on
SeniorsResourceGuide.com
[New Orleans](#)

Dependable Nursing and Family Care Inc. - 504-486-5044

DBA-Dependable in Home Care

Serving New Orleans, Jefferson, St. Tammany, St. Bernard, St. Charles

702 North Carrollton Avenue, New Orleans, LA 70119

www.Dependablecare.net

Sunrise Assisted Living of Metairie – 504-889-9777

3732 W. Esplanade Ave, Metairie, LA 70002

www.SunriseMetairie.com

Louisiana

Always Best Care of Louisiana – 225-292-7972

Serving Louisiana

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www.Louisiana.alwaysbestcare.com

Maryland

Mid-Montgomery County, Maryland

Always Best Care Senior Services of Mid-Montgomery County - 301-296-4500

Serving Montgomery, Howard & Frederick Counties
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www.alwaysbestcarerockville.com

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Boston, Massachusetts

Always Best Care Senior Services of Greater Boston - 617-489-9000

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www.alwaysbestcare.com/belmont

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www.alwaysbestcare.com/macombcounty

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www.seniorhelpersannarbor.com

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Serving St. Croix Valley Area, Minnesota
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Always Best Care of Midtown St. Louis - 636-542-3112

Serving St. Louis & Surrounding Areas
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Senior Helpers - 636-695-3140 *

Serving St. Louis & Surrounding Counties
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www.seniorhelpers-stl.com

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Always Best Care Senior Services of Northern New Jersey - 201-526-7463

Serving Bergen, Passaic & Hudson Counties
492-C Cedar Lane, #309, Teaneck, NJ 7666
www.alwaysbestcare.com/northernnj

Homewatch Caregivers of New Jersey – 201-837-8600

1020 Teaneck Road, Teaneck, NJ 07666
Serving Cities of Hackensack, Paramus, Englewood & all of Bergen County, NJ
www.HomewatchCaregivers.com/bergen-county

Find this company on
SeniorsResourceGuide.com
[Bergen-Passaic Directory](#)

Berlin, New Jersey

Always Best Care Senior Services of Greater South Jersey – 856-626-0607

Serving Atlantic, Burlington & Camden Counties
82 S. White Horse Pike, Suite 300, Berlin, NJ 08009
www.abc.alwaysbestcare.com

Find this company on
SeniorsResourceGuide.com
[Essex-Hudson-Union](#)

Denville, New Jersey

Always Best Care Senior Services - 888-407-2711

Serving Morris & Essex County Areas
2001 Route 46 E. Suite 310, Parsippany, NJ 07054
www.alwaysbestcare.com/denvillearea

Find this company on
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[Morris-Somerset](#)

Montclair, New Jersey

Always Best Care Montclair Area - 888-746-9119

Serving the Montclair & Surrounding NJ Area
www.alwaysbestcaremontclair.com

Find this company on
SeniorsResourceGuide.com
[Morris-Somerset](#)

Morris, Warren and Sussex Counties, New Jersey

Always Best Care of NW Morris - 862-772-7047

Serving Morris, Warren & Sussex Counties, New Jersey
www.alwaysbestcare.com/nwmorris

Toms River, New Jersey

Always Best Care Senior Services of Toms River - 732-308-1600 - 732-299-0924

Serving Lakewood, Toms River, Bayville & Manchester Township

www.alwaysbestcare.com/tomsriver

Western Monmouth, New Jersey

Always Best Care Western Monmouth - 848-459-3745

Serving Western Monmouth County, New Jersey

2 Apache Drive Manalapan, NJ 07726

www.alwaysbestcarewesternmonmouthnj.com

New York

Suffolk and Nassau Counties, New York

Always Best Care of Central Suffolk, NY - 631-780-7117

Serving Suffolk & Nassau Counties, New York

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www.centralsuffolk.alwaysbestcare.com

Lower Hudson Valley, New York

Always Best Care of Lower Hudson Valley - 845-918-1991

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88 Bon Aire Circle, T-2, Suffern, NY 10901

www.alwaysbestcarelowerhudsonvalley.com

Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

Helpful Websites for Seniors and Family Caregivers:

www.EasyHomeMedicalSupplies.com

www.HealthyAgingToday.com

www.MeAndMyCaregivers.com

www.MedicareBasics2012.com

www.SeniorsEGuide.com

www.SeniorsResourceGuide.com

North Carolina

Asheville & Hendersonville, North Carolina

Always Best Care of Asheville-Hendersonville - 828-989-7263

Serving Buncombe (Asheville), Henderson (Hendersonville) & the Surrounding NC Counties
37 Haywood Street, Suite 200, Asheville, NC 28801
www.alwaysbestcareAsheville-Hendersonville.com

Chapel Hill, North Carolina

Always Best Care Senior Services of Chapel Hill-Durham - 919-357-1440

Serving Chapel Hill, Southpoint, Hope Valley, Hillsborough, Mebane & Orange County
1340 Environ Way, Chapel Hill, NC 27517
www.alwaysbestcarechapelhill-durham.com

Charlotte, North Carolina

Always Best Care of Charlotte - 704-552-8581

Serving Charlotte Mecklenburg & Surrounding Areas including Iredell, Cabarrus,
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6701 Fairview Rd, Charlotte, NC 28210
www.centralandnorthcharlotte.alwaysbestcare.com

South Raleigh, North Carolina

Always Best Care Senior Services of South Raleigh, Cary and Garner - 919-417-8003

Serving South Raleigh, Cary, Garner and Willow Spring
www.SouthRaleigh.AlwaysBestCare.com

Wake, Durham, Granville, Franklin and Vance Counties, North Carolina

Always Best Care Senior Services-Raleigh Durham Wake Forest - 919-554-2223

Serving Wake, Durham, Granville, Franklin & Vance Counties
12324 Hampton Way Drive, Suite 104, Wake Forest, NC 27587
www.abc-rdwf.com

Ohio

Cincinnati, Ohio

Always Best Care of Northeast Cincinnati - 513-445-5240

Serving Northeast Cincinnati, OH; Warren, Butler, Hamilton Counties
P.O Box 195, Mason, OH 45040
www.abcseniors.com

Always Best Care of North Columbus- 614-284-6764

Serving Central Ohio
752 North State Street #216, Westerville, Ohio 43082
www.alwaysbestcarenorthcolumbus.com

Oregon

Portland, Oregon

Senior Helpers® - Portland, Oregon - 503-892-1189

Serving Portland, Oregon & Surrounding Area

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www.seniorhelpers.com/portland

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1236 French Street, Suite 26, Erie, PA

www.seniorhelpers.com/erie

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Serving Harrisburg, PA & Surrounding Areas

www.seniorhelpers.com

Philadelphia, Pennsylvania

Always Best Care Senior Services Bristol/Bensalem - 267-812-5744

Serving Lower Bucks, Philadelphia & Surrounding Areas

213 Mill Street, First Floor. Bristol, PA 19007

www.bristolpa.alwaysbestcare.com

Newton & Yardley, Pennsylvania

Always Best Care Senior Services Yardley-Newtown - 215-499-7774

Serving Yardley, Newtown, Lanhorne, Morrisville, Washington Crossing, Southampton, Warminster & Jamison

1101 Evergreen Road, Yardley, PA 19067

www.yardley-newtown.alwaysbestcare.com



Find this company on
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[Philadelphia Directory](#)

Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

Helpful Websites for Seniors and Family Caregivers:

www.EasyHomeMedicalSupplies.com

www.HealthyAgingToday.com

www.MeAndMyCaregivers.com

www.MedicareBasics2012.com

www.SeniorsEGuide.com

www.SeniorsResourceGuide.com

South Carolina

Columbia, South Carolina

Always Best Care of the Midlands - 803-403-1895

Serving the Midlands of South Carolina
5000 Thurmond Mall, Suite 337, Columbia, SC 29201
www.abc-midlands.com

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Always Best Care Senior Services of Spartanburg - 864-580-3470

Serving Spartanburg, Cherokee & Union Counties
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Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

Helpful Websites for Seniors and Family Caregivers:

www.EasyHomeMedicalSupplies.com

www.HealthyAgingToday.com

www.MeAndMyCaregivers.com

www.MedicareBasics2012.com

www.SeniorsEGuide.com

www.SeniorsResourceGuide.com

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Always Best Care Senior Services of Greater NW Austin - 512-518-3979

Serving Northwest Austin Including Round Rock & Georgetown

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www.alwaysbestcarefortbend.com

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Serving Salt Lake City & Surrounding Areas in Utah

www.alwaysbestcaresaltlakecity.com

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Serving Northern Virginia

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www.alwaysbestcarefairfax.com

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Aging at Home, LLC – 206-782-4464

Serving Seattle, WA and surrounding area

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www.agingathome.com

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Serving Bellevue , Washington & Surrounding Areas on the Eastside

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www.abc-eastside.com

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Serving Greater Seattle

800 Fifth Avenue, Suite 4100, Seattle WA 98104

www.abc-seattle.com

Tacoma, Washington

Heartwarming Care - 253-460-1574

Serving Pierce County, Washington

7610 40th Street West, Suite 100, University Place, WA 98466

www.heartwarmingcare.com

Wisconsin

Milwaukee, Wisconsin

Always Best Care of Greater Milwaukee - 262-439-8616

24 hour Cell: 262-309-5119

Serving The Greater Milwaukee Area including Waukesha County East

www.alwaysbestcare-greatermilwaukee.com

Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

Helpful Websites for Seniors and Family Caregivers:

www.EasyHomeMedicalSupplies.com

www.HealthyAgingToday.com

www.MeAndMyCaregivers.com

www.MedicareBasics2012.com

www.SeniorsEGuide.com

www.SeniorsResourceGuide.com

More Resources for Seniors

AlturaCare Systems – Philips Lifeline

AlturaCare Lifeline Personal Monitoring Systems are state-of-the-art monitoring devices that provide a safety net for not only the subscriber but also family and friends. Philips Lifeline Can Help! Easy to Use and Reliable! Learn more at AlturaCare Systems website.

Website: www.AlturaCareSystems.com

Easy Home Medical Supplies

A key part of our ability to deliver on this promise is that we have chosen to deal exclusively with Gulf South Medical Supply. As a manufacturer and distributor of tens of thousands of medical products, Gulf South is dedicated to supplying us with only the highest quality items.

Website: www.EasyHomeMedicalSupplies.com

[Online Video Broadcasting!](#)

HealthyAgingToday.com

Healthy Aging Today is an informational video broadcasting unit that is now producing exclusively for the Internet. The Medicare Basics 2012 series is the cornerstone for the re-introduction of Healthy Aging Today as a web-based broadcasting company and Medicare resource website.

Website: www.HealthyAgingToday.com

IdentiMed™ Medications Management

The IdentiMed™ System is the first complete journal for medicine management. It is used to inform, educate and empower caregivers and their patients about the treatment plan that needs to be followed. It is also a communication bridge between professional health care providers (doctors, nurses, etc) and lay people to partner together concerning better health care decisions.

Website: www.IdentiMed.com

Me and My Caregivers

Me and My Caregivers helps family caregivers and their loved ones with exclusive products and the Senior's Guide book series. We offer an affordable, easy-to-use, safe and secure subscription-based web service that uses the Internet to connect family, friends and healthcare providers to your loved one. Visit our website for more information on our online subscriptions, caregiver resources, caregiver organizer and Senior's Guide book series.

Website: www.MeAndMyCaregivers.com

Medicare Basics 2012

The seven parts of the Medicare Basics 2012 series are titled: Medicare Overview, Eligibility & Enrollment, Medicare Parts A & B, Choosing a Medicare Plan, Medigap & Advantage Plans, Medicare Part D and Your Medicare Rights. Two additional videos provide information for those already enrolled in Medicare in need of information on changing their coverage, the Open Enrollment Period. For those individuals who are delaying their initial enrollment or have other qualifying events, the Special Enrollment Periods video is recommended. Total running time for all nine parts is just under 40 minutes.

Website: www.MedicareBasics2012.com

[Check us out!](#)

Seniors EGuide - "Don't know what you don't know about senior resources?"

The sentence above may sound confusing but it brings into question that there are services and resources that the consumer does not know about in regard to aging and health services. This is where Family Caregiver Network, Seniors Resource Guide and other national resources come together to assist older adults, seniors and family caregivers to learn more. We want you to know more, know the questions to ask and if needed call and ask a company before a crisis hits.

Website: www.SeniorsEGuide.com

Seniors EGuide on SHIP

State Health Insurance Assistance Program (SHIP) US

SHIP is a FREE health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIPs' mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. SHIP is an independent program funded by Federal agencies and is not affiliated with the insurance industry.

Website: www.SeniorsEGuide.com

The Senior's Guide Online

The Senior's Guide to Easy Computing Handbook: XP, Vista, Windows 7 and Mac will be coming later this year. You can buy our books online from our store.

Website: www.TheSeniorsGuide.com

Check us out!

Seniors Resource Guide™ National and Local Internet Directories

SeniorsResourceGuide.com has 28 local regional Internet directories and a national directory. Each directory has its own database relevant to older adults. There are 76 topics in our individual databases that are grouped in six categories: Senior Housing, Health at Home, Professional Services, Health Services, Care Management & Referral Services and Community Resources. Each local directory also has its own local resources such as local Senior News & Events, local city links and an about the region web page. There are also in-depth Business Profiles of companies that provide senior services.

Website: www.SeniorsResourceGuide.com

More Links: [Regional Directories](#)

Check us out!

Seniors Resource Guide™ has Local Directories

SeniorsResourceGuide.com also has 28 local regional Internet directories. If you happen to need services in one of these areas click into the local market and explore the 76 topics at a local level. There are many, many fine local companies ready to answer your questions and provide needed services in your community for you or a senior in your life.

Open this pdf on your computer with access to a web browser and the Internet and the links below will be active.

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[Regional Internet
Directories](#)

Government Resources for Seniors

Area Agencies on Aging - AoA

Administration on Aging is the Federal focal point and advocate agency for older persons and their concerns. AoA awards Older Americans Act funds for supportive home and community-based services to the State Units on Aging, located in every state and U.S. territory.

Website: www.aoa.gov

BenefitsCheckUp®

The National Council of Aging created this website to help older adults to quickly identify programs that may improve the quality of their lives. You take 10 or 15 minutes to enter information about your financial situation into an online questionnaire. BenefitsCheckUp is completely confidential.

Website: www.benefitscheckup.org

Direct Deposit for Social Security or SSI Payment

Direct deposit is the best way to get your Social Security or SSI payment. It is safer and easier than a check, because your money goes straight to your account on your payment day. Now, signing up is easier than ever. Call Go Direct at 800-333-1795 or visit our website today!

Website: www.GoDirect.org

National Association or Area Agencies on Aging - N4A

The umbrella organization for Area Agencies on Aging and Native American aging programs. They advocate on behalf of the local aging agencies to ensure resources and support services are available to older Americans.

Website: www.n4a.org

Medicare & Medicaid Services - CMS

The Centers for Medicare & Medicaid Services (CMS) wants to "help you help yourself" by using Medicare's information resources to answer your questions. If you want to know more, visit the Medicare web site at www.Medicare.gov, call 1-800-MEDICARE (1-800-633-4227; TTY/TDD 1-877-486-2048), or refer to the handbook, Medicare & You, mailed to people with Medicare each fall.

Website: www.medicare.gov

Social Security Administration - SSA

This government website is administered by the U.S. Social Security Administration. Called Social Security Online, the website offers benefits planning, social security statements, online application to retire and much more. The website is also a convenient place to replace a lost social security or medicare card.

Website: www.ssa.gov

Veteran Administration

The U.S Department of Veterans supports a website offering information to veterans on health, compensation, home loans, education, life insurance, vocational rehab, burial and appeals. They have convenient online application forms available on the website.

Website: www.va.gov



Looking for information on Medicare? Visit ...

www.MedicareBasics2012.com

and

www.HealthyAgingToday.com

American Red Cross Family Caregiver Class Module Descriptions

*Caring for a parent, spouse or friend at home can be overwhelming. Let the **American Red Cross Family Caregiver** classes help you.*

- **Assisting with Personal Care**
The Assisting with Personal Care Module concerns helping to prepare individuals to assist their loved one with personal care such as bathing, grooming and using the toilet.
- **Caring for a loved one with Alzheimer's Disease or Dementia**
This module helps to inform caregivers to understand how to deal with the common behaviors, how to provide care and to recognize the signs of depression associated with this disease.
- **Caring for the Caregiver**
Caring for the Caregiver will help prepare caregivers to care for their own health while caring for a loved one.
- **General Caregiving Skills**
The module helps to prepare caregivers to measure their loved one's vital, signs such as pulse, respirations, body temperature and how to assist with medications.
- **Healthy Eating**
Healthy Eating Module will help prepare caregivers to learn about good nutrition and helping their loved one eat.
- **Home Safety**
The module, Home Safety helps to prepare individuals who are family caregivers to provide a safe environment for themselves and the person in their care by keeping their homes safe from hazards and fires; to recognize the importance of knowing how to use equipments such as wheelchairs; to understand how to protect themselves and their loves one from infection; and to understand how to be prepared for emergencies.
- **Legal and Financial Issues**
Legal and Financial Issues will help prepare individuals to understand the legal issues surrounding caring for someone and planning his or her health care; and understand financial issues such as insurance information and budgeting.
- **Positioning and Helping Your Loved One Move**
This module will help prepare caregivers to safely positions and help their loved one move by applying principles of good body mechanics; to understand the importance of repositioning a loved one who spends a lot of time in bed; to recognize how to prevent pressure ulcers; and to understand how to safely help their loved one move.

Note that many companies hold classes during the year and they can also provide you with the class materials if there is no class currently available in your area.

Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

Medifecta Healthcare Training - One Hour Community Caregiver Courses

As a premier caregiver training company Medifecta has been providing educational resources to individual caregivers and organizations that support and train care providers since 1995.

Medifecta has been recognized for its superior programs and services by the Society of Aging, National Alliance for Caregiving, and other national groups ranging from the National Hospice Foundation, Video Librarian and National Mature Media.



- **How to Manage Medications**

Description: Designed to teach caregivers about safe medication practices when administering medications to their relative or friend. Safe medication use plays an important part in providing good home care. Older adults are at greater risk for medication problems and errors because of the number of drugs they take daily. Key topics: Drugs and elderly, recognizing when to manage someone's drugs, storing medications, side effects and adverse reactions, use of over-the-counter drugs and preventing medication errors.

- **Reducing Personal Stress**

Description: Many studies have shown how essential it is for caregivers to pay attention to their own health and well-being. This program presents a variety of simple, effective stress reduction and relaxation techniques. Caregivers learn ways to defuse difficult emotions, set goals, develop action plans and the role of respite.

- **Caring for Someone with Early to Mid Stage Alzheimer's Disease**

Description: Caring for a family member with Alzheimer's Disease can be very challenging, not only because the disease limits the ability to communicate or understand, but also because of grieving the loss of the person you once knew. Caregivers will understand how to relate and communicate in new ways in order to create a higher quality of life of the person with Alzheimer's and themselves. Key topics: Repetitive questions, doing chores, aggressive behavior, answering difficult questions and other forms of communication.

- **Fall Prevention and Proper Body Mechanics and Back Safety**

Description: PT 1 – Fall Prevention – Falls are a serious concern for older adults, resulting in physical injury and emotional distress. One out of three people over 65 fall each year. Caregivers can decrease the risk of falls in and around the home with some simple changes and precautions. This program teaches caregivers how to make the environment safe inside and outside the home. Description: PT 2 – Proper Body Mechanics and Back Safety – This portion of the class teaches caregivers the principles of body mechanics and the importance of leaning to move correctly in order to avoid injury.

Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

More About Clinic Resource Group’s “National Caregiver Directory” and “Caregiver News”

Clinic Resource Group’s [Family Caregiver Network](#) connects patients & families, health care facilities and caregiver services nationwide.

- **Clinic Resource Group’s “National Caregiver Directory”**

The nation’s leading reference guide in locating local caregiver and wellness services. All directory service providers are members of the Family Caregiver Network offering a wide variety of support services including Patient Wellness and Assessment Programs, Caregiver Education, Medication-Personal Monitoring and Care Coordination. All designed to enable patients and families to have peace of mind while living more independent and quality driven lives.

The “National Caregiver Directory” is hosted at: www.FamilyCaregiverNetwork.com

- **Clinic Resource Group’s “Caregiver News”**

Every two months we release the “Caregiver News” from Clinic Resource Group. Its focus is to update caregivers, case managers, social workers, medical providers and consumers on caregiving resources and educational, national articles on family caregiving and senior care issues ranging from medical issues, events, caregiver support and wellness.

The “Caregiver News” is hosted at: www.FamilyCaregiverNetwork.com

- **Have questions?**

Contact us by phone, email or U.S.P.S. mail:

Clinic Resource Group, Inc. - 800-994-1143

9249 S. Broadway, Suite 200-#532

Highlands Ranch, Colorado 80129

email: info@ClinicResourceGroup.com

- **Visit our websites:**

www.ClinicResourceGroup.com

www.FamilyCaregiverNetwork.com



Visit www.FamilyCaregiverNetwork.com for more caregiving resources.

NOTE: This E-Guide was created for general information purposes only. It is not an official resource. Although every effort has been made to ensure the accuracy, we do not guarantee that there are no errors or omissions. Also be sure to check references and corroborate information from multiple sources.

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