

## Resources Especially for Caregivers

### I. Organizations Whose Mission it is to Support You

#### Family Caregiver Alliance

This is a fabulous organization with a tremendously useful website. They provide caregiver consultation and community services in the larger San Francisco Bay Area.  
690 Market Street, Suite 600, San Francisco, CA 94104.

Phone: (415) 434 3388 | Email: [info@caregiver.org](mailto:info@caregiver.org) | Website: [www.caregiver.org](http://www.caregiver.org)

#### The National Family Caregivers Association

NFCA is a grass roots organization created to educate, support, empower and speak up for the millions of Americans who care for chronically ill, aged or disabled loved ones. If you care for a family member, friend, neighbor, partner or loved one who needs medical and/or non-medical assistance you qualify for free membership. Ask about the Caregiver Survival Toolkit.

10400 Connecticut Avenue, #500, Kensington, MD 20895-3944  
Phone: 1 800 896 3650 | Fax: 301 942 2302 | Website: [www.nfcacares.org](http://www.nfcacares.org)

#### Eden Information & Referral

This non-profit agency is committed to serving as a link between Alameda County families and individuals, and the full range of community resources available to them including low-cost housing, emergency shelter, and over 1,200 social service agencies. They are open Monday-Friday, from 10am - 4pm.

Phone: (510) 537-2552 | Email: [programs@edenir.org](mailto:programs@edenir.org)

#### Eldercare Locator

By phone and online, this is a nationwide directory of local services for seniors. It is especially helpful for caregivers who live at a distance from elder family members. The phone line is often busy, but it's worth the wait...or try them online.

Phone: (800) 677-1116 | Website: [www.eldercare.gov](http://www.eldercare.gov)

#### Senior Medi-Benefits

A non-profit agency that manages medical paperwork and obtains Medi-Cal eligibility for seniors.

PO Box 3435, 3195 Adeline St., Berkeley, CA 94703  
Phone: (510) 420-0550 | Fax: (510) 420-0286 | E-Mail: [senrmedi@pacbell.net](mailto:senrmedi@pacbell.net)

## II. (Free) Email Newsletters

The Caregiver's Beacon "Tell me why - Show me how - Hold my hand"

The Caregiver's Beacon is published bimonthly by ElderCare Online and ALZwell Caregiver Support. To subscribe to this free newsletter, visit the subscription information page at <http://www.ec-online.net/Knowledge/Newsletters/subscribe.htm>.

ElderWeb Newsletter

The award-winning ElderWeb.com is the oldest and most comprehensive long term care site for eldercare professionals and consumers, containing thousands of on- and off-site articles on medical issues, finance, law, housing, research and statistics. To register for this free newsletter, fill out the form at <http://www.elderweb.com/register.php>

Ezine from SeniorResource.com

This newsletter brings articles of interest, web resources and even movie reviews ("Cinema for Seniors") to your email inbox. Subscribe at <http://www.seniorresource.com/ezine.htm>.

## III. Websites Worth a Visit

**Eldercare Online**      <http://www.ec-online.net>.

Whether you are caring for a spouse, parent, relative or neighbor, this group is committed to providing an online community where supportive peers and professionals help you improve quality of life for yourself and your elder. Definitely check out their online discussion forum – no prior experience required!

**ALZwell Caregiver Support**      <http://www.alzwell.com>

ALZwell Caregiver Support is dedicated to helping dementia caregivers to find understanding, wisdom, and support throughout the caregiving journey. They are also considered by many physicians to be the pre-eminent source for the most current information on treatment and care for people with Alzheimer's.

**Family Caregiver Alliance**      <http://www.caregiver.org/>

A terrific resource! Has a Resource Center with an online support group, online caregiver consultation and community services in the San Francisco Bay Area. You can post your caregiving questions to expert staff in their "Ask FCA" section. Be sure to click on "Clearinghouse" and then "Fact Sheets" to see more than 30 articles and 11 reading lists.

**Network of Care**      <http://alameda.networkofcare.org>

This site has a searchable directory of local resources, updates on proposed legislation effecting seniors and the disabled, and the ability to send email right to the desk of local politicians. You may also use the site to store current health information and medical appointments with authorized individuals and organizations – a feature wonderful for caregivers who live at a distance from a frail family member.

**Adult Day Services Network Alameda County**      <http://adult-day-services.org>

Well organized links to websites on the Resources page; tons of helpful articles about evaluating and getting started with adult day programs; comparison charts of local programs; interactive map.