

UPDATED



Caregiver

TOOLKIT

A publication by

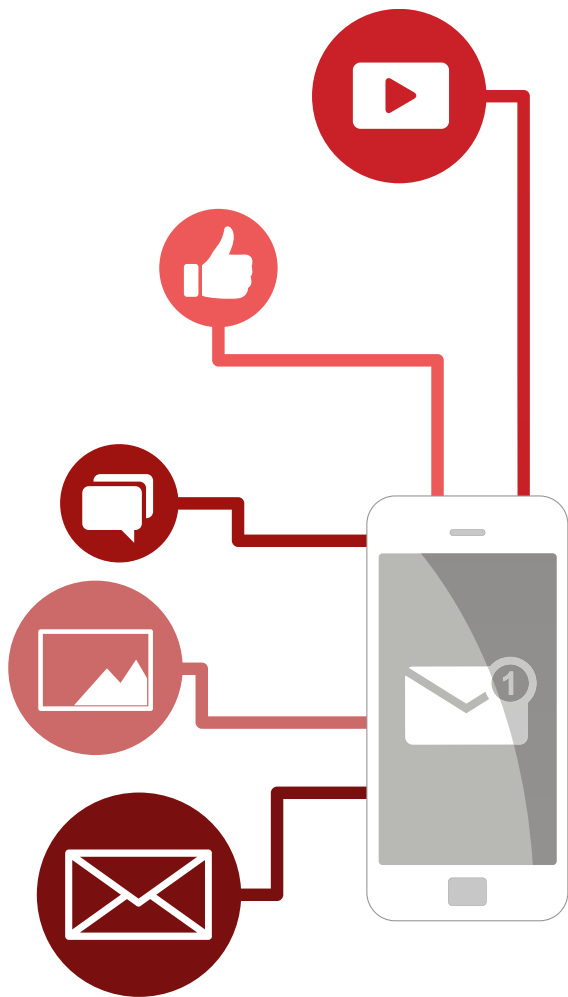




HELPFUL TOOLS FOR THE FAMILY CAREGIVER

Whether you are doing the daily caregiving yourself or managing the hiring of nurses, transportation options, and medications, you have a lot to keep track of. It can be hard trying to navigate the complex world of benefits, health, finances, and, of course, the emotional challenges of caring for the elderly. In this tool kit you will find a collection of resources that can help, taking advantage of them will assist you in providing care to your loved one as they age.

The tools highlighted in this kit are all provided by AARP one of the most trusted advocates for individuals over 50. The tools are all free, and are provided to help support the family caregiver. We've included a brief overview of each tool to help you quickly determine which ones are best suited to fit your needs.



AARP CAREGIVING APP

This app is designed to be the command center for every one involved in the care of an elderly relative. The AARP Caregiving App offers multiple tools, including a calendar, a journal, medication reminders, a to-do list, and more. As a bonus, multiple people can download the app and share information through it, making it an excellent tool for siblings who are sharing the responsibility for an aging parent.

The AARP Caregiving App puts everything you might need – scheduling, photos, information – all in one place. It is a great resource for anyone managing the logistics of long-term care.

**DOWNLOAD THE
AARP Caregiving App >>**



NEXT STEP IN CARE

The Next Step in Care website offers printable and downloadable guides to all sorts of challenges you might have while caring for an aging relative. These guides include instructions, checklists, and places for you to fill out information. These guides can help you learn from others' experiences. At their website, you can scroll through dozens of guides available for caregivers and find the ones most applicable to your situation. When you are unsure what the next step is, a quick search of these guides will often help you find answers so that you can move forward informed and aware of all your options.

VISIT THE WEBSITE

Next Step in Care >>



LONG-TERM CARE CALCULATOR

When you are seeking out long-term care for a loved one, getting them the highest quality care available is, of course, your priority. Second is often the affordability of care so being able to accurately calculate the cost is very important. This long-term care calculator estimates the cost of care so that you can determine the most economical options. The calculator also allows you to compare the cost of care between two different areas, which might be helpful if multiple siblings live in different cities and are trying to determine the best place for a parent to reside.

**TRY THE
Long-term Care
Calculator >>**

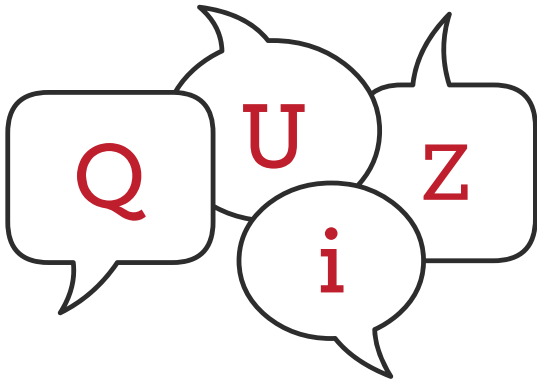


STATE-BY-STATE ADVANCE DIRECTIVES

Advance directives allow a person to outline what kind of health care they want at the end of their life so that their wishes are carried out when they can no longer express their wishes.

These documents allow a person to outline not only what kind of treatments they wish to receive but also to name a power of attorney, giving someone else the power to make health care decisions for them if need be. Every state has a different form, and this tool will allow you to find and download the ones that you need.

LEARN MORE ABOUT
State-by-State
Advance Directives>>



LONG TERM CARE QUIZ

When you are just beginning to learn about long-term elder care, there can be an overwhelming number of things that you need to understand. This quiz is a great starting point to see how much you know about long-term care, living situations for the elderly, and benefits. These seven questions will provide a great jumping off point for your research. You may be surprised to learn how much you already know about long term care, or you might find that some of your presumptions were inaccurate. Either way, this brief quiz will help you learn where the holes in your knowledge are.

**TAKE THE
Long Term Care Quiz>>**



A-Z

CAREGIVING GLOSSARY

Learning to take care of a relative or friend in need means you will need to communicate with doctors, health aids, and other professionals. Sometimes, this can feel like learning a new language – a collection of words and abbreviations that you don't understand. Understanding them is necessary for your ability to make sure that your loved one gets the care that they need. This glossary provides easily understandable definitions for all of these new terms. Scrolling through them will provide you with the vocabulary you need to communicate with health care professionals, and may also provide a great starting point for further research.

**EXPLORE THE
Caregiving Glossary>>**



MEDICARE Q&A TOOL

This tool provides answers to many questions about Medicare. You can enter your search into the search bar, or browse through answers to questions that other people have already asked.

The tool includes answers to questions in the categories of "Understanding Medicare," "Medicare Eligibility and Enrollment," "The Driving Parts of Medicare," "Types of Medicare Plans," "How Medicare Works with Other Coverage," and "How Much Medicare Costs." If you are beginning to research Medicare and how it will help your family, this can be an excellent resource for all of the information that you need.

**DISCOVER THE
Medicare Q&A Tool >>**



PILL IDENTIFIER

This helpful tool can help you identify a pill based on its shape, color, and imprint. Many senior citizens are prescribed a wide variety of pills, and it can be easy to forget what each one is and its purpose. If you want to do further research on the medication that your loved one has been prescribed, this tool can be an excellent place to start. You can find the name of the medication, the recommended dosage, and can use the tool to lead your further research into the effects of the pill.

**ACCESS THE
Pill Identifier>>**

YOUR NEXT STEPS

We recognize how hard you are working to take the best possible care of the people you love, and these tools, as well as other resources on our website, are available to help you. At Caring Senior Service we are dedicated to helping seniors remain healthy, happy, and at home. If you ever need additional services such as respite care don't hesitate to call your local Caring Senior Service office. We are the trusted solution for in-home senior care and have been helping seniors for over 30 years remain safely at home.

