

Caregiver Resource Cheat Sheet

Use this quick-reference guide when you need fast, reliable starting points for caregiving support, benefits, and community services.

Area Agency on Aging (AAA) / Aging & Disability Resource Center (ADRC)

Your local hub for aging services and long-term care options, often the first call that points you toward everything else.

Phone: 📞 1-800-677-1116 (Eldercare Locator)

Website: 🌐 eldercare.acl.gov

Family Caregiver Alliance

National nonprofit with practical guides, caregiver assessments, and state-by-state resource lookups. It is especially useful when you want trustworthy, plain-language guidance.

Phone: 📞 1-800-445-8106

Website: 🌐 caregiver.org

Alzheimer's Association

A 24/7 helpline plus local programs for anyone dealing with dementia. It also offers education, support groups, and care-planning tools for families.

Phone: 📞 1-800-272-3900

Website: 🌐 alz.org

AARP Caregiving

Broad caregiving resources and guides, not just for members. It is a helpful starting point for articles, checklists, and family-care planning tools.

Phone: 📞 1-877-333-5885 (Family Caregiving Resource Line)

Website: 🌐 aarp.org/caregiving

SHIP Counselors (State Health Insurance Assistance Program)

Free, unbiased help navigating Medicare, offered by trained local counselors in every state. They can explain coverage choices, appeals, and plan changes in plain language.

Phone: 📞 1-800-633-4227 (1-800-MEDICARE, to be routed to your state's SHIP)

Website: 🌐 shiphelp.org

211

A phone number and website that connects you to local health and human services of almost every kind, from utility assistance to home care. It is a strong first stop when you are not sure where to turn.

Phone: 📞 Dial 2-1-1

Website: 🌐 211.org

Legal Aid

Free or low-cost legal help for things like power of attorney, guardianship, and elder abuse. It can point you to local legal aid programs that handle elder-related concerns.

Phone: 📞 1-202-295-1500 (Legal Services Corporation)

Website: 🌐 lawhelp.org

Meals on Wheels

Home-delivered meals delivered with care. Some local providers also offer additional services, like pet food and assistance, transportation, social connection programs and even home repairs.

Phone: 📞 1-888-998-6325

Website: 🌐 mealsonwheelsamerica.org

💡 **Tip:** Keep this sheet somewhere you'll actually see it, and save the most applicable resources as contacts on your phone.