

Resources for the Sandwich Generation

WEB SITES

Family Caregiving 101

A site designed to provide caregivers with the basic tools, skills and information they need to protect their own physical and mental health while providing care for their loved one

The Family Caregiver

Hosted by the National Family Caregivers Association, this site contains news, resources and a way for family caregivers to connect.

Caregiving.org

The National Alliance for Caregiving is a nonprofit coalition of national organizations that conducts extensive research, policy analysis, national programs and lots of advice and information for family caregivers.

Family Caregiver Alliance National Center

The Family Caregiver Alliance National Center contains fact sheets, research, advice, newsletters and public policy information.

Strength for Caring

This site offers a caregiver manual, information about health conditions, daily care, housing, money and insurance.

AARP: Caregiving

The huge organization for the 50-plus generation has specific content for those caring for parents, guides to finding help and recent research.

Eldercare.gov

Eldercare Locator connects the elderly and their caregivers with sources of information on senior services, connecting them to state and local area agencies on aging and community-based organizations that help older adults and caregivers.

Others good sites: [BenefitsCheckUp.org](#), [the National Adult Day Services Association](#), [the National Academy of Elder Lawyers](#).

BOOKS

Always on Call: When Illness Turns Families Into Caregivers

A compilation of chapters from 12 authors. C. Levine (2000); United Hospital Fund of New York City.

Love, Honor & Value

Suzanne Mintz, president of the National Family Caregivers Association, tells her story of being a family caregiver and offers information about the effects and available resources. (2002) Capital Books Inc.

The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers

A guide for caregivers at all stages of help. M.M. Meyer (2002), Caretrust Publications.

Helping Yourself Help Others: A Book for Caregivers

Written by former first lady Rosalynn Carter, this book offers practical solutions as well as the causes of the "caregiving crisis." (1994), Random House.

ORGANIZATIONS

AARP

(800) 424-3410

A nonprofit organization with millions of members, they offer educational programs, services and support.

Children of Aging Parents (CAPS)

(800) 227-7294

The country's oldest information resource aimed at helping adult children understand their own needs and those of their parents.

<http://www.caps4caregivers.org/>

National Adult Day Services Association

(866) 890-7357 (toll free)

A decades-old organization that is the national voice for adult day service providers. Search its Web site for services in your area.

<http://www.nadsa.org>

National Association of Area Agencies on Aging

(202) 872-0888

The umbrella organization for the country's 655 area agencies on aging.

<http://www.n4a.org>

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Reference:

New Lifestyles: The Source for Seniors: Austin/San Antonio and the Hill Country Guide to Senior Housing & Care; www.NewLifeStyles.com; 800-869-9549