



**Here are a few helpful links to  
help caregivers provide care.**

**Resource List :**

*\*This is an ongoing resource, please continue to check back for more updates and new information.*

- 1) The National Alliance for Caregiving <https://www.caregiving.org/guidebooks/>
  - A Guidebook for Mental Health Caregivers
  - Memory Loss Conversation Guide
  
- 2) Family Caregiver Alliance (FCA) <https://www.caregiver.org/caregiver-resources/all-resources/>
  - Behavioral Issues (Caregiver College Video Series)
  - A Caregiver's Guide to Managing Challenging Dementia Behavior: An Online Learning Series
  
- 3) ARCH National Respite Network [www.archrespite.org](http://www.archrespite.org)
  - Respite locator
  - ABCs of Respite
  
- 4) Texas Aging and Disability Resource Center  
<https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>
  - By telephone 855-YES-ADRC
  - List of local centers by region
  
- 5) National Institute of Neurological Disorders and Stroke: <https://catalog.ninds.nih.gov/>
  - "Health Topics" lists all the different neuro conditions (e.g. head trauma, stroke)
  - Links to downloadable informational pamphlets for further education/information.
  - English and Spanish options available.
  
- 6) AARP <https://www.aarp.org/caregiving/>
  - Caregiver resources from caring at home, transportation, legal, etc.
  - English and Spanish options available.
  
- 7) California Caregiver Resource Centers <https://www.caregivercalifornia.org/resources/>
  - Provides central clearinghouse for family caregivers like nutrition, costs, and activities
  
- 8) USA.gov <https://www.usa.gov/disability-caregiver>
  - Information for loved ones with special medical needs, including programs for family members of veterans and people with disabilities to get paid to provide care.