



SOME USEFUL RESOURCES FOR FAMILY CAREGIVERS

Southern Maine Agency on Aging, 1-800-427-7411, www.smaaa.org, offers information and referral for programs and services for older adults, community education, the Family Caregiver Support Program, on line caregiver support group, volunteer opportunities, assist with money management, Meals on Wheels, healthy aging programs and an adult day program. The website includes downloadable caregiver tools and resources.

Legal Services for the Elderly, 1-800-750-5353, www.mainelse.org, provides free legal assistance to socially and economically needy Maine residents age 60 and older, and offers consumer information on issues including legal rights, health care decision making, financial concerns, wills, fraud, and abuse.

211Maine, dial 211, www.211maine.org, is a statewide-directory of resources including agency services and support groups.

Administration on Aging, www.aoa.gov, is the government agency concerned with issues affecting older Americans. This site offers information about older Americans, legislation, and programs.

Eldercare Locator, 1-800-677-1116, www.eldercare.gov, can help you to find local services for older adults anywhere in the US.

Maine Office of Elder Services, 1-800-262-2232, www.state.me.us/dhs/oes, is responsible for developing and overseeing many services for older adults in Maine. They offer assistance in finding sources for care, identifying benefit programs, and learning about resources. The book "Connections: A Guide for Family Caregivers in Maine" is downloadable from the website.

Next Step in Care (a campaign of the United Hospital Fund), www.nextstepincare.org, provides guides to help family caregivers and health care providers work closely together to plan and carry out smooth and safe coordination of care across settings.

National Institutes on Aging, 301-496-1752, www.nia.nih.gov, offers reliable health and resource information for consumers and professionals.

Alzheimer's Disease Education and Referral Service (ADEAR), 1-800-438-4380, <http://www.nia.nih.gov/alzheimers>, a service of the National Institute on Aging, provides information and referral, publications, a database, and resources about dementia.

Alzheimer's Association, 1-800-272-3900, www.alz.org, has information about cognitive issues, problems and solutions, research and medical advances, public policy issues, caregiver support, and resources.

Maine Alzheimer's Association, 1-800-272-3900, www.alz.org/maine offers support, resources and education for people with any type of dementia and those who care about them. Their toll-free number is available 24/7.

Centers for Medicare and Medicaid Services (CMS), 1-800-MEDICARE, www.medicare.gov, provides an overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits.

National Family Caregivers Association, 1-800-896-3650, www.nfcacares.org, is a charitable organization which focuses on addressing the special concerns of caregivers. They offer many online and printed tips, guides, and other resources.

Family Caregiver Alliance, 415-434-3388, www.caregiver.org, has online fact sheets, publications, and support groups.

National Alliance for Caregiving, www.caregiving.org, is a joint venture of organizations to support caregivers. They sponsor the Family Caregiver Resource Connection, which reviews and rates hundreds of caregiving books, videos, etc.

National Association of Professional Geriatric Care Managers, www.caremanager.org, offers national listing of certified geriatric care managers.

AARP, 1-800-424-4310, www.aarp.org, provides benefits and entitlement information, caregiver and older adult education (including issues of older drivers, grandparents, and choosing a living environment), activities, and advocacy.

National Resource Center on Supportive Housing and Home Modification, www.homemods.org Information and strategies about home modifications and their importance in supporting safety and independence.

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Southern Maine Agency on Aging * Family Caregiver Support Program
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