



National Organizations

[Family Caregiver Alliance \(FCA\)](#)

Provides

- Caregiver education
- Fact sheets
- Online support groups
- CareNav personalized resource finder
- State-by-state resource directory
- Legal and financial information
- Caregiver wellness resources

Best for:

- New caregivers
 - Long-term caregivers
 - Dementia caregivers
 - Adult children caring for parents
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[Caregiver Action Network \(CAN\)](#)

Provides free support for caregivers of all diagnoses—not just aging adults.

Services

- National Caregiver Help Desk
- Peer support
- Webinars
- Practical caregiving guides
- Virtual events
- Caregiver community

National Help Desk:
855-227-3640

[AARP Caregiving Resource Center](#)

Resources include

- Checklists
 - Care planning
 - Financial planning
 - Housing guidance
 - Family meeting guides
 - Medication management
 - Home safety
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[National Alliance for Caregiving](#)

Focuses on advocacy, caregiver research, workplace support, and caregiver health.

[National Institute on Aging Caregiving Toolkit](#)

Evidence-based resources covering:

- Dementia
 - Hospice
 - Long-term care
 - Medicare
 - Fraud prevention
 - Self-care
 - Care planning
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[ARCH National Respite Network](#)

Offers

- Respite locator
 - Training
 - Family support
 - Emergency respite information
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[Eldercare Locator](#)

A federal service that connects caregivers with:

- Area Agencies on Aging
 - Meals
 - Transportation
 - Caregiver programs
 - Home care resources
 - Legal assistance
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VA Caregiver Support Program

For military and Veteran caregivers.

Provides

- Caregiver Support Line
 - Coaching
 - Education
 - Financial assistance (for qualifying Veterans)
 - Peer mentoring
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