

**Loving Conversations: A Step-by-Step Guide to Help Families Discuss What's Best for an Aging Parent** - download or order a copy at [www.easterseals.com/conversations](http://www.easterseals.com/conversations)



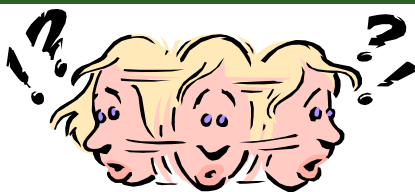
It's important for caregivers to stay connected with family and friends. Two websites can help caregiving families to stay informed, share news, support & encouragement & to schedule help.

[www.carepages.com](http://www.carepages.com)

CarePages are free & easy-to-use. After creating a CarePage, you can update it whenever necessary & post photos. Updates are shared via email automatically & visitors can leave messages for you & your loved one. CarePages are available to anyone.

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Lotsa Helping Hands is a free, easy-to-use, secure & private group calendar, specifically designed to help organize helpers, where everyone can pitch in with meals, rides, & other necessary tasks. Its also a place to keep your "circle of community" informed with health updates, photos & a message board.



*Have you got questions?  
Not sure where to turn?*

Call the toll-free

**Senior Helpline  
1-800-642-5119**



*One number,  
hundreds of answers  
about community & statewide  
benefits & programs*

or visit our website

[www.cvcoa.org](http://www.cvcoa.org)



**Central Vermont Council on Aging  
30 Washington Street, Suite 1  
Barre, Vermont 05641**

**Central Vermont Council on Aging  
Information & Resources for Seniors**



**Selected Websites for  
Family Caregivers**

[www.strengthforcaring.com](http://www.strengthforcaring.com)

Sponsored by the Johnson & Johnson Caregiver initiative. The Caregiver Manual covers: balancing work & family; reducing stress; support systems; wellness; relaxation; counseling; worksheets & tips; grief, death & dying. Website also includes information on health conditions and daily care of your loved one; and housing, money & insurance. Users can meet and share with other caregivers through the message board.

[www.caregiver.org](http://www.caregiver.org)

Website of the Family Caregiver Alliance, a caregiver support organization, includes fact sheets & tips; FAQs; caregiver information & advice; and public policy news. Tip sheets offer information on hiring in-home help, holding family meetings, relocating parents, communications & more. Online support group available.

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

The National Family Caregivers Assn., publisher of *Take Care!*, is a nonprofit providing support & assistance to caregivers through information, education & support; public awareness & advocacy, and the National Family Caregiver Story Project. Website includes the quarterly newsletter & tips for family caregivers.

[www.sharethecare.org](http://www.sharethecare.org)

Share the Care is a model for creating group caregiving teams (friends, relatives, neighbors & others) to provide individuals & families with the help they need to meet the daily challenges of caregiving. The website offers information about the “share the care” model and other resources.

[www.caregivershome.com](http://www.caregivershome.com)

The online home of *The Caregiver's Home Companion*. Website provides useful tips, advice, & news. Topics: spousal caregiving; practical caregiving; & spiritual caregiving. Website offers a hotline & an “ask the expert” forum.

[www.aarp.org/families/caregiving](http://www.aarp.org/families/caregiving)

AARP website offers information on caring for an older parent. Topics include: caregiving; finding help; community services; guardianship; legal issues; housing choices & home design; driver safety; end of life, grief & loss. Message board available to communicate with & seek advice from other caregivers.

[www.caps4caregivers.org](http://www.caps4caregivers.org)

Website of Children of Aging Parents (CAPS). It provides information & referrals, support groups, newsletter, “caregiver guide,” & speaker's bureau.

[www.eldercare.gov](http://www.eldercare.gov)

The Eldercare Locator website of the U.S. Administration on Aging links caregivers with state & local area agencies on aging and community-based organizations that serve older adults & their caregivers.

[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

The U.S. Administration on Aging website provides information on the National Family Caregiver Support Program, and resources on Caregivers, Alzheimer's Disease, & the Eldercare locator.

[www.ddas.vermont.gov](http://www.ddas.vermont.gov)

Website of the Dept. of Disabilities & Aging Services. Contains information specific to services available in Vermont: insurance, transportation, senior meals, housing, adult day, dementia respite, Choices for Care, and other services for seniors.



[www.wellspouse.org](http://www.wellspouse.org)

The Well Spouse Assn. focuses exclusively on the needs of all spouses caring for a chronically ill &/or disabled husband, wife or partner. Those who have “been there, done that” help others face the challenge of long term caregiving. Provides a forum, newsletter & resources.

**Many organizations related to specific diseases or illnesses have websites with information for the family caregiver. Here are a few that may be of interest.**

[www.alz.org](http://www.alz.org)

Website of the Alzheimer's Association. Provides information on caregiving for a loved one with AD. Covers daily care, safety, behaviors, communication, & coping. Many excellent resources. Also, info on the latest research. A 24/7 helpline is available.

[www.alz.org/vermont](http://www.alz.org/vermont)

Website of the Alzheimer's Assn of Vermont. Lists programs & resources offered in the state.

[www.alsa.org](http://www.alsa.org)

ALS Association (Lou Gehrig's Disease)

[www.cancer.org](http://www.cancer.org)

American Cancer Society

[www.diabetes.org](http://www.diabetes.org)

American Diabetes Association

[www.americanheart.org](http://www.americanheart.org)

[www.strokeassociation.org](http://www.strokeassociation.org)

American Heart/Stroke Association

[www.adparkinson.org](http://www.adparkinson.org)

American Parkinson Disease Association