

## **Caregiver Classes**

Programs that provide training on care-related activities for families and home-based caregivers.

Article

## **Celebrating Our Communities' Caregivers**

November is National Family Caregivers Month—a time to recognize, celebrate and support America’s 53 million family caregivers. This month find ways to support the caregivers in your life and community.

Source

[Family Caregiver Alliance](#)

Article

## **Around the Clock Caregiving**

Around the Clock Caregiving helps caregivers assist their loved ones with the day-to-day activities of living.

Source

[Caregiver Action Network](#)

Videos

## **Fast-Forward: Explore your aging and look into your family's future...**

If you could see your family’s future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves.

Source

[PBS](#)

Videos

## **AARP Caregiving How-To Video Series**

The Home Alone Alliance has developed “How-To” videos and resource guides for family caregivers that address specific medical/nursing tasks. Go to the Family Caregiving How-To Video Series to view the videos and resource guides, many of which are available in both English and Spanish, and are free of charge.

Source

[AARP](#)

Books & Guides

## **Financial Steps for Caregivers: What You Need to Know About Protecting Your Money and Retirement**

[Financial Steps for Caregivers](#) provides valuable financial information for caregivers.

Source

[Women's Institute For A Secure Retirement](#)

Links

## **AARP: Family Caregiving**

Source

[AARP: Family Caregiving](#)

Article

## **Telephone Tips and Techniques for Accessing Resources**

Here are some tips and techniques for getting the most out of telephone conversations to verify information, find answers to questions, or arrange for services.

Source

[Caregiver Action Network](#)

Article

## **Caregiving 101: On Being a Caregiver**

Caregiving has many challenges and also many rewards. This article covers important topics for caregivers.

Source

[Family Caregiver Alliance](#)

Article

## **Caregiver Self Assessment Questionnaire**

How are you? The Caregiver Self Assessment Questionnaire helps caregivers identify their own needs and offers strategies for follow up.

Source

[HealthinAging.org](#)

Books & Guides

## **The Caregiver's Resource Library**

[The Caregiver's Resource Library](#) from AgingCare.com is an essential resource for all caregivers.

Source

[AgingCare.com](#)

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