



## FAMILY CAREGIVER EDUCATION SERIES

### *Making Decisions About Caregiving* – January 12, 2023

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#### PRINT RESOURCES

Chast, Roz. *Can't We Talk About Something More Pleasant: A Memoir* (2014).  
Hurme, Sally Balch. *Checklist for Family Caregivers* (American Bar Association/AARP) (2015).  
Kriseman, Nancy. *The Mindful Caregiver: Finding Ease in the Caregiving Journey* (2014).  
Levine, Carol (AARP). *Navigating Your Later Years for Dummies* (2018). (also available on Kindle)

#### ONLINE RESOURCES

[AARP Long-Term Care Calculator](#)

[Aging in Place: Growing Old at Home](#) (National Institute on Aging)

[Big Book of Everything](#) (Eric Dewey, Ph.D.)

[California Department of Aging](#) (Programs and Services)

For other states, go to [www.hhs.gov/aging/state-resources/index.html](http://www.hhs.gov/aging/state-resources/index.html)

[California Paid Family Leave](#)

[Care Options for Those with Dementia](#)

[Caring Across the Miles](#) (USAging - Long-distance caregiving)

[Comparison Charts: Costs for Nursing Homes by State](#)

[Continuing Care Retirement Communities](#) (general information)

[Eldercare Locator](#) – U.S. Department of Health and Human Services-Administration on Aging

[Family Caregiver Alliance - Caregiver Resource Center](#) 1 (800) 445-8106

[Family Care Navigator – CareNav™](#) (online tool for finding long term care services in the US)

[Genworth Financial](#) (provides long term care estimates by geographic area)

[Geriatric Care Managers or Certified Senior Advisors \(CSA\)](#)

Aging Life Care (formerly National Association of Geriatric Care Managers)

[Healthy Aging in a Pandemic World: What Older Adults and Caregivers Need to Know](#)

[Hiring In-Home Help](#) (Family Caregiver Alliance)

[Holding a Family Meeting](#) (Family Caregiver Alliance)

[How to Choose a Nursing Home - CANHR](#) (California Advocates for Nursing Home Reform)  
[Nursing Home Evaluation Checklist](#)

[Long Distance Caregiving](#)

[LongTermCare.gov](#) (U.S. Department of Health and Human Services)

[Medicare – Care Compare](#) (excellent tool for comparing and evaluating hospitals, doctors and clinicians, nursing homes, home health agencies, dialysis facilities, and hospice agencies)

[Medi-Cal Information – California Department of Health Care](#) Services (low-income services)

[Medi-Cal – Assisted Living Waiver Program](#)

- [List of facilities](#)

[Moving Your Parents to Senior Living: Overcome the Guilt](#)

[National Council on Aging – Benefits Check-up](#) (online tool for determining benefit programs in your area)

[National Institute on Aging](#) /National Institutes of Health – EXCELLENT information on planning for long-term care

[Next Step in Care](#) – Downloadable Checklists (excellent!)

[Paying for Care](#) (National Institute on Aging)

[Residential Care Facilities, Assisted Living, and Nursing Homes](#) (general info about facility care)

[Residential Care Options: Choosing the Right Place](#) (Family Caregiver Alliance)

[Sibling Rivalry: Stop Competing for Caregiving Control](#) (AARP)

[Taking Care of Tomorrow: A Consumer’s Guide to Long-Term Care](#)

[US Aging](#) (formerly Area Agencies on Aging) Every county in the U.S. has an area agency on aging that provides comprehensive resources and services for elderly and disabled individuals and their caregivers.

[U.S. Department of Veterans Affairs: Geriatrics and Extended Care](#)