Caregiving may be one of the most important roles you will ever take on in your life. You may have become a caregiver suddenly or perhaps your role has evolved over time. No matter where you are in the continuum of caregiving—starting to plan, helping to coordinate a big move, or taking care of a family member in your home—having resources at your fingertips will make the process easier.

With many organizations offering different types of help and services, it can be a challenge to sort out the specific type of help or services best suited for your needs. AARP developed this resource guide with you—the caregiver—in mind as a starting point to help you find the services and supports you need throughout your caregiving journey.

We hope this resource guide can assist you in the following ways:

> **Help you get the type of assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online.

> **Help you connect with others.** You'll discover, if you have not already, that you're a part of a community of caregivers and caregiver supporters. You are truly not alone.

> **Help take care of yourself.** This is vitally important but something that many caregivers often overlook. The act of caregiving can take a physical and mental toll on the caregiver. So, it's important that you make self-care a top priority.
Tips to Find Services and Supports

Here are a few pointers to keep in mind as you begin to look for resources and support.

**Ask for help.**
Friends and family will often ask you if there is anything that they can do to help. Use your network and ask others to help you look for resources and information in your area.

**If possible, use the Internet.**
The Internet is an easy and quick way to get information. Because information can vary, it is important not to rely on one site alone. Also, make sure the sponsoring organization is a reputable and reliable source of information.

**Talk to a real person.**
Many phone numbers will lead to voicemail. It's important to leave a message, but don't wait for someone to call you back. Keep in mind that some services have backlogs of calls to return. Keep calling back until you connect with someone who can help you. Usually a second request receives prompt attention.

**Write down your questions in advance.**
Before you call, write down specific questions and try to be as concrete and detailed as possible.

**Keep track of your conversations.**
Keep a notebook of who you talked to. Write down names, phone numbers, and notes from each call. You never know when you will need the information down the road.

**No one person or organization has all the answers.**
The person you get on the phone or the website you visit may have expertise in certain areas, but not in others. It is always smart to be prepared with other resources and organizations that can help.

**Use your creativity.**
Create your own personal resource network. This could include contacting community-based agencies to find out what kinds of support services are available in your area. Consider asking friends or other caregivers what resources they found to be useful.

**Many services are local.**
Services can vary widely from state to state and region to region. Make sure you look for resources that provide services where you live.

“We don’t get breaks. Everybody needs to work together to help each other.”

—Stella R., Caregiver from Covington
LOCAL RESOURCES
Following are local resources that can help to make caregiving easier. Some provide helpful information and others offer direct services such as help in the home, adult day care, social services and support groups.

Atlanta Regional Commission – Area Agency on Aging
The Atlanta Regional Commission contracts with an agency in each of the 10 metro Atlanta counties to provide services for the region’s older and disabled populations.
229 Peachtree Street, NE #100
Atlanta, GA 30303
404-463-3100
www.atlantaregional.org

DeKalb County Office of Aging
The DeKalb County Office of Aging primarily functions as an information and referral resource for older adults and their caregivers in DeKalb County.
1300 Commerce Drive
Decatur, GA 30030
770-322-2950
www.dekalbcountyga.gov

Fulton County Office for Aging
The Fulton County Office for Aging primarily functions as an information and referral resource for older adults and their caregivers in Fulton County.
137 Peachtree Street, NE
Atlanta, GA 30303-3621
404-613-6000
www.fcofa.org

Central DeKalb Senior Center
The Central DeKalb Senior Center provides programs, services, and activities that promote health, wellness, social interaction, community engagement, education, and independence.
1346 McConnell Drive
Decatur, GA 30033
770-492-5461
www.dekalbcountyga.gov

Lou Walker Senior Center
This is a multipurpose facility for active seniors age 55 and older that provides a variety of programs, services and activities.
2538 Panola Road
Lithonia, GA 30058
770-322-2900
www.louwalkercenter.com

Harriett G. Darnell Senior Multipurpose Facility
This facility serves seniors on the south side of Fulton County with programming designed to enhance health and social engagement.
677 Fairburn Road, NW
Atlanta, GA 30331
404-613-8580
www.emmadarnell.com

Helene S. Mills Senior Multipurpose Facility
This facility provides a full range of activities for active adults ages 55 and over including fitness, computer and arts classes.
515 John Wesley Dobbs Avenue, NE
Atlanta, GA 30312
404-613-5820
www.helenemillscenter.org

Atlanta CARE-NET
The Atlanta CARE-NET is a caregiver advocacy group composed of leaders and advocates representing Atlanta’s faith-based organizations, as well as family and professional caregivers.
404-463-3524
www.agewiseconnection.com/services/carenet

Energy Assistance Programs
Georgia provides three energy assistance programs to low-income households to meet their immediate home energy needs.

Partnership for Community Action (DeKalb County)
815 Park North Boulevard
Clarkston, GA 30021
404-929-2500
www.pcaction.org
Fulton Atlanta Community Action Authority (Fulton County)
1690 Chantilly Drive, NE
Atlanta, GA 30324
404-320-0166
www.facaa.org

Georgia Elderly Legal Assistance Program
The Georgia Elderly Legal Assistance Program provides legal assistance in civil matters to people 60 and over in the Atlanta region.
Atlanta Legal Aid Society, Senior Citizens Law Project (Fulton County)
54 Ellis Street, NE
Atlanta, GA 30303
404-524-5811
www.atlantalegalaid.org

Atlanta Legal Aid Society (DeKalb County)
246 Sycamore Street, #120
Decatur, GA 30030
404-377-0701
www.atlantalegalaid.org

Transportation Services
MARTA Half-Fare Card Program (Fulton and DeKalb Counties)
MARTA issues half-fare passes to individuals ages 65 and older, individuals with a disability or those with a Medicare card.
2424 Piedmont Road, NE
Atlanta, GA 30324
404-848-5112
www.itsmarta.com

I Care Volunteer Transportation (DeKalb County)
This volunteer service is for DeKalb County residents who need transportation to medical appointments.
404-377-2273

GEORGIA RESOURCES
Many of the organizations in your area can help provide you with the “big picture” of what is going on in the community. These organizations can refer you to local organizations that provide resources and services in your local community.

Division of Aging Services, Adult Protective Services
Provides education about and investigates allegations of elder abuse and neglect. Forms of abuse include physical, sexual abuse, financial exploitation and emotional and verbal abuse. Hotline representatives are available Monday through Friday from 8:00 a.m. to 5:00 p.m.
Atlanta Intake Hotline:
404-657-5250
Outside of Atlanta:
888-774-0152

Division of Aging Services, Aging and Disability Resource Connection
Designs and manages resources for older adults and persons with disabilities and caregivers. This state agency can provide an overview of aging, disability and caregiver services in the state.
1-866-552-4464
www.georgiaadrc.com

Low Income Home Energy Assistance Program
Provides financial assistance for eligible residents who are unable to pay utility bills.
1-877-423-4746
www.georgia.gov

Georgia Legal Aid
Offers free or low-cost legal services for low-income and older adults. Provides legal advice, information and assistance for non-criminal issues.
104 Marietta Street, NW # 250
Atlanta, GA 30303
404-657-9915
www.georgialegalaid.org
Georgia Long-Term Care Ombudsman

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes and supportive living facilities. They provide information about how to find a facility and what to do to get quality care. They work to resolve concerns of long-term care facility residents statewide.

1-866-552-4464
www.georgiaombudsman.org

Georgia Drug Card

Georgia Drug Card is the statewide free prescription drug assistance program available to all Georgia residents. The program was launched in 2010 to help uninsured and underinsured Georgians afford prescription medication.

1-888-214-7721
www.georgiadrugcard.com

GeorgiaCares – State Health Insurance Assistance Program (SHIP)

GeorgiaCares is a volunteer-based program that provides free, unbiased and factual information and assistance to Medicare beneficiaries and their caregivers about health and drug plans. GeorgiaCares helps people with Medicare understand their benefits, make informed decisions about health care options and learn ways to protect themselves from Medicare fraud.

2 Peachtree Street, NW, 33rd Floor
Atlanta, Georgia 30303
1-866-552-4464
www.mygeorgiacares.org

Georgia Department of Community Health – Medical Assistance Plans Division

The Medical Assistance Plans Division administers the Medicaid and PeachCare for Kids® programs, which provides health care for children, pregnant women, and people who are aging, blind and/or disabled.

2 Peachtree Street, NW
Atlanta, GA 30303
502 Seventh Street South
Cordele, GA 31015-1443
404-656-4507
www.georgia.gov

Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, provides monthly nutritional assistance to people who have low income and limited assets to pay for food. SNAP also provides nutritional education.

2 Peachtree Street, NW
Atlanta, GA 30303
404-370-6236
www.georgia.gov

NATIONAL RESOURCES

The national resources below provide valuable information and can connect you to programs and services in your state and local community.

Alzheimer’s Association

Information and support for people with Alzheimer’s disease and their caregivers. Operates a 24/7 helpline and care navigator tools.

www.alz.org | 1-800-272-3900

Alzheimers.gov

A free federal information resource about Alzheimer’s disease and related dementias.

www.alzheimers.gov

ARCH Respite Network

The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.

www.archrespite.org

Caregiver Action Network

Information, educational materials, and support for family caregivers.

www.caregiveraction.org
Eldercare Locator
A public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults.
www.eldercare.gov 1-800-677-1116

Family Caregiver Alliance
Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.
www.caregiver.org 1-800-445-8106

Medicare
Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.
www.medicare.gov 1-800-633-4227

National Academy of Elder Law Attorneys
A professional association of attorneys who specialize in legal services for older adults and people with special needs. Find a database of elder law attorneys by state.
www.naela.org

The National Clearinghouse for Long-Term Care Information
Information and tools to help plan for future long-term care needs.
www.longtermcare.gov

Social Security Administration
Information on retirement and disability benefits, including how to sign up for Social Security.
www.ssa.gov | 1-800-772-1213

Veterans Administration
Provides supports and services for families caring for veterans. Connects caregivers with local caregiver support programs for veterans.
www.caregiver.va.gov 1-855-260-3274

AARP RESOURCES FOR CAREGIVERS

AARP Caregiving Resource Center
One-stop shop for tips, tools and resources to use while caring for a loved one.
www.aarp.org/caregiving For Spanish visit www.aarp.org/cuidar

AARP Caregiving Support Line
Connects you directly with an information specialist who can talk with you about services and support available in your community.
1-877-333-5885 For Spanish call 1-888-971-2013 Monday-Friday, 7:00 a.m.–11:00 p.m., EST

Advance Directive Forms
Free, downloadable state-specific advance directive forms and instructions.
www.aarp.org/advancedirectives

AARP Caregiving App
Helps you manage your to-do list, calendar of appointments and support scheduling.
You can download it at www.aarp.org/caregivingapp

AARP Rx App
Helps you manage your loved one's medications. You can also use it to help manage your own medications.
You can download it at www.aarp.org/rxapp

I Heart Caregivers
An initiative to recognize family caregivers by providing them a place to share their stories and learn how they can help improve caregiver support in their state.
www.aarp.org/iheartcaregivers

Living Longer, Living Smarter
An educational series that helps caregivers and older adults create a plan for their future.
www.aarp.org/decide

AARP Benefits Quick Link
Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation's Benefits QuickLINK tools.
www.aarp.org/quicklink