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.

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.

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.

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.

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.

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.

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

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.

“And me—they tell me I am a hero. I only know I have a heavy burden each day as I try to make life happy, interesting and meaningful for someone I love while also trying to do the same for myself.”

—E. of Downey
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.

**Barbara J. Riley Community & Senior Center**
Recreation, information and referrals, home delivered meals, and congregate meals.  
7810 Quill Drive  
Downey, CA 90242  
562-904-7223  
www.downeyca.org/services/cs/center/default.asp

**Alzheimer's Association**
Enhances care and support for all those affected by Alzheimer’s and other dementias. Support groups, resources, information and more.  
24 hour hotline: 1-800-272-3900  
www.alz.org/socal

**USC Los Angeles Family Caregiver Support Center**
Provides support and services to individuals with brain-impairing chronic conditions and their families. Includes caregiver supports, respite care.  
1-888-944-IHSS (4477) or  
213-744-4477  
http://dpss.lacounty.gov/dpss/ihs/default.cfm

**Transportation Services:** **Access Los Angeles**
Reasonably priced van & taxi services for the disabled for most of L.A. County.  
To apply, contact 1-800-827-0829 or (Hearing Impaired) TDD 1-800-827-1359  
General Transportation hotline: 511

**OTHER COUNTY RESOURCES**
Many of the organizations in your state can help provide you with the big picture of what is going on in the community. State organizations can refer you to local organizations that provide resources and services in your local community.

**Adult Protective Services – Los Angeles County Community & Senior 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.  
3333 Wilshire Blvd. Suite 400  
Los Angeles, CA 90010  
24 Hour Hotline: 1-877-477-3646  
http://css.lacounty.gov/programs/adult-protective-services-aps

**Area Agency on Aging for Los Angeles County Community and Senior Services**
Designs and manages resources for older adults and persons with disabilities and caregivers. This state agency can provide an overview of aging and caregiver services in the state.  
3175 West 6th Street  
Los Angeles, CA 90020  
1-800-510-2020 (From within Los Angeles County)  
1-888-202-4248  
General reference line: 211  
http://css.lacounty.gov

**Covered California**
The health insurance marketplace helps guide Americans as they shop and compare health plans available in the state.  
1-800-300-1506  
www.coveredca.com

Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.

To request an application form and more information, please contact your utility company or check out their websites for more information.

www.cpuc.ca.gov/PUC/energy/Low+Income/care.htm

Los Angeles County Legal Services: Bet Tzedek (House of Justice)

Offers free or low-cost legal services for older adults. Provides legal advice, information and assistance with non-criminal problems.

3250 Wilshire Blvd., 13th Floor
Los Angeles, CA 90010
323-939-0506
www.bettzedek.org

Legal Advice: California Advocates for Nursing Home Reform (CANHR)

CANHR provides advice, counseling, technical assistance, publications, and training in the areas of public benefits, and long-term care, including nursing homes, residential care, continuing care retirement communities, Medi-Cal, Medicare, elder abuse, fiduciary abuse, and other legal issues affecting low-income, disabled, and elderly California consumers. CANHR has established a statewide hotline for legal services staff and consumers: 1-800-474-1116 and websites

with information on every nursing home and residential care/assisted living facility in California.

650 Harrison Street, 2nd Floor
San Francisco, CA 94107
415-974-5171
www.canhr.org

Long-Term Care Ombudsman – WISE Senior Services

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes and assisted living facilities. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems and can assist you with complaints.

1527 Fourth Street
Santa Monica, CA 90401
1-800-334-WISE (9473)

Senior Housing

There are many types of housing for seniors; some are quite costly and others are based on the senior's income. Senior home modification and repair programs also are available.

Los Angeles County Housing Resource Center

Housing.LACounty.gov, the Los Angeles County Housing Resource Center, was created to help people list and find affordable, special-needs, accessible, and emergency housing within the County of Los Angeles. This web-based service, supported by a toll-free call center, provides information for the general public as well as for housing professionals seeking vital resources for their clients.

1-877-428-8844
http://housing.lacounty.gov/index.html

Mercy Housing California

1500 South Grand Avenue, Suite 100
Los Angeles, California 90015
213-743-5820
Health Insurance Counseling and Advocacy Program (HICAP)

Provides one-on-one counseling and assistance to people with Medicare and their families. The agency can help with obtaining benefits, filing claims and understanding health care options.

Center for Healthcare Rights
520 S. Lafayette Park Place, Suite 214

Local Medi-Cal Office
Norwalk Social Services Office

Medicaid is a joint federal and state health care program for people with low income and limited resources insufficient to pay for health care. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home. Waiver services prevent or delay nursing home admission.

Norwalk Social Services Office
2727 Norwalk Boulevard
Norwalk, CA 90650
1-866-613-3777

Supplemental Nutrition Assistance Program (SNAP) – apply through the local Social Services Office

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.

Norwalk Social Services Office
2727 Norwalk Boulevard
Norwalk, CA 90650
1-866-613-3777

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 supports programs for veterans.
www.caregiver.va.gov
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