Caregiving resources from the National Institute on Aging

Stephanie Morrison
Writer-Editor
Office of Communications & Public Liaison, NIA
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The National Institute on Aging:

• Leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life

• Is the primary federal agency supporting and conducting Alzheimer's disease research

• Disseminates information about aging and advances in research to the public, health care professionals, and the scientific community, among a variety of audiences
NIA develops materials for caregivers to help them be effective care providers while also taking care of themselves.
NIA online caregiving resources
www.nia.nih.gov/caregiving

**Long-Term Care**
Planning for long-term care, including information on support and facilities

**Advance Care Planning**
Learn about advance directives, power-of-attorney and more.

**Long-Distance Caregiving**
Are you caring for an aging friend or relative from afar? Get tips and suggestions.

**Alzheimer's Caregiving**
Learn how to care for a person with Alzheimer's disease or dementia.
Aging in place and home safety

Signs an older adult needs help

Finding and paying for long-term care

Managing medications

Legal, financial, and advance care planning

Sharing caregiving responsibilities

Taking care of yourself as a caregiver
• Free!
• English & Spanish
• Handouts, brochures, booklets
• Download PDF or order in print
• Ships to all 50 states; Washington, D.C.; and U.S. territories

https://order.nia.nih.gov
800-222-2225
niaic@mail.nih.gov
A new resource for caregivers

• Getting started with caregiving
• Finding the care you need at home
• Choosing a long-term care facility
• Covering the costs of caregiving
• Coordinating medical care
• Planning ahead
• Caring for yourself as a caregiver
• Caregiving resources

Download PDF or order online for free
https://order.nia.nih.gov/publication/caregivers-handbook
Tear-out worksheets and checklists

- Coordinating caregiving responsibilities
- Home safety checklist
- Questions to ask before hiring a care provider
- Questions to consider before moving an older adult into your home
- Managing medications and supplements
- Important documents and paperwork

Worksheet: Questions To Ask Before Hiring a Care Provider

Before signing an agreement for home health care or geriatric care management, get as much information as you can about the services, fees, terms, and restrictions. You can use this worksheet to help you collect information about each service you’re considering.

| Name of service provider: ____________________________ | Date: ____________________________ |
| Contact person: ____________________________ | Date: ____________________________ |

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<table>
<thead>
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<tbody>
<tr>
<td>1</td>
<td>Is your service licensed and accredited by the state or local government and/or a professional association?</td>
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<tr>
<td>2</td>
<td>How long have you been providing care management services?</td>
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<td>3</td>
<td>What are your fees? Will you provide information on fees in writing prior to starting services?</td>
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<tr>
<td>4</td>
<td>What is included and not included in your services?</td>
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<td>5</td>
<td>How many days per week and hours per day will a care provider come to my home?</td>
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<tr>
<td>6</td>
<td>Is there a minimum number of hours required?</td>
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• As a caregiver, how do I know if I need help?
• How can I ask others to help?
• What can I do if I’m feeling overwhelmed?
• If I’m not the primary caregiver, how can I support that person?
• Caregiver resources: Support, guidance, and assistance
NIA on YouTube

www.youtube.com/@NIH Aging

• Caregiving
• Healthy aging
• Diet and exercise
• Long-term care
• Participating in research
• Advance directives
Subscribe to email alerts from NIA

- Healthy Aging Highlights (Weekly):
  Get weekly, research-based updates on topics like cognitive health, healthy eating, exercise and physical activity, advance care planning, and more.

- Caregiving Tips and Resources (Biweekly):
  Learn about practical tips and resources to help you — and the person you’re caring for — get the most out of the caregiving experience.

- Alzheimer.gov Highlights (Weekly):
  Get weekly tips and information on dementia research, clinical trials, and resources for people living with dementia, caregivers, and families.

- Consejos para el Envejecimiento Saludable (Mensualmente):
  Receive monthly research-based information, tips, and resources on topics such as healthy eating, exercise, cognitive health, aging in place, and more in Spanish.

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www.nia.nih.gov/about/stay-connected
NIA Information Center
Email: niaic@nia.nih.gov
Phone: 800-222-2225 (English & Spanish)
TTY: 800-222-4225

The NIA Information Center offers information and publications on health and aging for families, caregivers, and health professionals.

Alzheimer's and related Dementias Education and Referral (ADEAR) Center
Email: adear@nia.nih.gov
Phone: 800-438-4380 (English & Spanish)

The NIA's ADEAR Center offers information and publications for families, caregivers, and health professionals on Alzheimer’s and related dementias, including information on caregiving, clinical trials, and research.
Research studies for caregivers

Search for clinical trials and studies on Alzheimer’s and related dementias, cognitive impairment, brain health, and caregiving.

www.alzheimers.gov/clinical-trials
NIA
The Leader in Aging Research