



## Caregiving Resource Materials

AARP's Caregiving efforts are greatly enhanced through the work of volunteers. Below are free resources that are available to all volunteers. These items were among the resources referenced in the January 31, 2019 volunteer telephone "townhall" call with AARP Caregiving experts. To hear a recording of the call, click on the Libraries tab in the Volunteer Portal and enter TTH in the search box; click on the "Last Modified" column to view the most recent items.

**AARP's Online Caregiving Resource Center** – visit [www.aarp.org/caregiving](http://www.aarp.org/caregiving)

**Get Support** – toll-free phone support is available to volunteers and members of the public M-F from 7 am – 11 pm (ET) in English (877-333-5885) and Spanish (888-971-2013)

**Prepare to Care Guide** – with versions available in several languages (English, Spanish, Chinese) and for a range of audiences (Asian-American, LGBT and soon for Veterans Caregivers)

- Click [here](#) to download a copy directly from the site
- Request a hard copy of the guide by clicking [here](#)
- By phone: Call 1-877-333-5885 - Select option 1 and request the "Prepare to Care: A Planning Guide for Families", item #D20152

**AARP Family Caregiving Insider** – Volunteers (and others) can sign up to receive a free monthly e-newsletter that offers timely information about developments in the world of caregiving. To sign up, send your name and email address to: [caregiving@aarp.org](mailto:caregiving@aarp.org)

**Community Resource Finder** – a search tool to find local support services and information on areas such as housing, homecare, medical services, local events and more.

Visit: [www.aarp.org/crf](http://www.aarp.org/crf)

**Online Community** – share thoughts and learn from others through AARP's online caregiving community. Click [here](#) to learn more.

**Caregiving Webinars** – "Keeping Loved Ones Safe at Home" and "Navigating Insurance for Caregivers" are two free webinars available whenever it meets your schedule. Click [here](#) to learn more about this on-demand resource.