

Caregiver Resources

This list is provided for informational purposes only. This is not intended to take the place of professional advice. Talk with your health care provider about any questions you may have about the information you find on this page. In an emergency, call 911 or go to your nearest emergency room.

General Information/Connection to Caregiver Resources			
Name	Phone (if applicable)	Website	Description
Lyra Health	844-926-2482	Lyra Health	Lyra Health offers dependent care services to find care for your child, elder or pet.
Eldercare Locator		Eldercare Locator (acl.gov)	Eldercare Locator is a service of the U.S. Administration on Aging. By entering your zip code, you can find resources in your community.
Emerson Health		Emerson Health by findhelp - Search and Connect to Social Care	Emerson Health provides a link to locate resources by zip code. Find information about food pantries, financial assistance, medical care and other free or reduced cost services.
National Council on Aging	800-794-6559 M-F 8 a.m. to 7 p.m.	Worry Less and Age Better with BenefitsCheckUp	Benefits Check Up is offered by the National Council on Aging and has an online tool to connect older adults and those with disabilities to benefits.
Caregiver Action Network	202-454-3970	Caregiver Action Network: Resources for Family Caregivers	Caregiver Action Network offers a range of caregiver resources, including information about caregiving and taking care of yourself.

Aging Life Care Association	520-881-8008	Aging Life Care Association Home	Geriatric care managers are fee-based professionals who can assist with assessment and planning, as well as access to local resources.
American Association of Retired Persons	877-333-5885	AARP Resources for Caregivers and their Families	AARP's Family Caregiving web page provides links to articles regarding caregiving.
Mass Options	800-243-4636 M-F 9 a.m. to 5 p.m.	MassOptions	For Massachusetts residents, MassOptions is a resource that links older adults or those with disabilities with resources and information .
Well Med Foundation		Caregiver Teleconnection (wellmedcharitablefoundation.org)	The WellMed Foundation offers one hour no cost teleconference calls on various caregiving topics. Check the monthly calendar.
<i>Caregiver resources for those with specific conditions</i>			
American Cancer Society	800-227-2345	Cancer Caregiver Resources Caregiver Guide American Cancer Society	The American Cancer Society has a caregiver resource guide for those caring for someone with cancer.
American Parkinson Disease Foundation	800-223-2732	American Parkinson Disease Association: Hope in Progress (apdaparkinson.org)	The American Parkinson's Disease Association offers information on Parkinson's disease, education, and support.
Parkinson's Foundation	617-639-5514	New England Chapter Parkinson's Foundation	The Parkinson's Foundation of New England services MA, RI, CT, VT, NH, and ME and has links to

			support groups on its “local resources” tab
American Stroke Association	888-478-7653	American Stroke Association	The American Stroke Association offers information and support for those who have had a stroke and their caregivers.
Alzheimer’s Association	800-272-3900 24/7 hotline	Alzheimer's Association Alzheimer's Disease & Dementia Help	The Alzheimer’s Association has information about Alzheimer’s and dementia, a help and support link, and a link to local resources.