

Caregiving Toolkit

Many of us will care for an aging or dependent loved one at some point. In this toolkit, you will find resources and guidance on how to navigate the stresses and challenges of caregiving and find the support you need.



Caregiving options and resources

Deciding what type of care is needed can depend dramatically on your loved one's living situation and condition. These resources will help you navigate a variety of types of care.

- [Adult Day Program: Could it be right for you or for a loved one?](#)
- [In-Home Support Services](#)
- [Interviewing a Home Care Worker](#)
- [Long-Distance Caregiving](#)
- [Pre-Planning Back-Up Elder Care](#)

Dealing with practical matters

As a caregiver, there are everyday matters to deal with. Here are resources to help you as you juggle multiple priorities along with your caregiving responsibilities.

- [Apps and Websites for Help with Caregiving](#)
- [Caregiving Tips](#) (audio tip)
- [Caregiving Tips for the Sandwich Generation](#) (podcast)
- [Caregiving When You Work](#)
- [Planning Ahead for a Family Member with a Disability](#)
- [Talking with Your Siblings About Your Older Relative's Needs and Care](#) (article series)



Emotional support for caregivers and their loved ones

As you care for your older relative or adult dependent, you are helping them with their emotional needs as well as their physical ones. Remember that it's important to also take care of yourself and seek support.

- [Caregiver Stress and Finding Support](#) (article series)
- [Loneliness in Later Life](#)
- [Recognizing and Supporting an Older Adult at Risk for Depression](#)
- [Supporting Employees Who Are Caring for an Older Relative](#)
- [Using a Support Group](#)
- [When You Become Your Partner's Caregiver](#)

Keeping your relative safe and healthy

Here you'll find information on helping to protect the loved ones in your care.

- [Caring for a Loved One who has Dementia](#)
- [Home Safety for Older Adults](#)
- [Protecting Your Loved One Against Elder Fraud](#)

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