Self-Care for Caregivers Tip Sheets

Family Caregiver Alliance’s Taking Care of YOU; Self-Care for Family Caregivers guide

Alzheimer’s Association: Symptoms of Caregiver Stress & Tips on How to Manage it.

Southern Caregiver Resource Center: Taking Care of YOU: Self-Care for Family Caregivers

USC Family Caregiver Support Center: Self-Care for Family Caregivers tip sheet

Online Caregiver Support Groups

Please visit the Family Caregiver Alliance for information on their Online Caregiver Support Groups.

a) The caregiver-online support group is for families, partners, and other caregivers of adults with disorders such as Alzheimer’s, stroke, brain injury, and other chronic health conditions. The group offers a safe place to talk about the stresses, challenges, and rewards of providing care for a loved one. Read the FAQ. Subscribe to Caregiver-online here.

b) The LGBT Community Support: Caregiving for our Families and Friends support group offers a place for lesbian, gay, bisexual, and transgender caregivers of adults with chronic health problems to discuss the unique issues of caring for their loved ones. Read the FAQ. Subscribe to LGBT Community Support: Caregiving for our Families and Friends here.

c) Find insight on the value of support groups and read a how-to on starting one yourself.

ALZConnected: Alzheimer’s Association created ALZConnected, the first dedicated online social networking community where people with Alzheimer’s, their caregivers and others affected by the disease can share answers, opinions, ideas and support.

For more COVID-19 & Older Adult Resources, visit www. Aging.ca.gov and www.covid19.ca.gov