

Allegheny County



Family Caregiver Resource Guide

Do you know resources are available?

Caring for a parent, spouse or friend can be a deeply rewarding experience. It can also be demanding, frustrating, and overwhelming.

This guide is designed to provide valuable information to individuals caring for frail older adults and individuals with disabilities. The guide supports caregivers in finding ways to meet their own physical, emotional, financial, and intellectual needs. The goal is for caregivers to thrive during the caregiving journey.

Caregiver
Books



Respite

Support Groups

Education

Working Caregivers

Resources

**IN COOPERATION WITH
ALLEGHENY COUNTY
DEPARTMENT OF HUMAN
SERVICES / AREA AGENCY
ON AGING**

COUNTY OF



ALLEGHENY

Dear Caregiver,

We are pleased to offer you the ***Allegheny County Family Caregiver Resource Guide***. This booklet was produced in cooperation with The Allegheny County Department of Human Services / Area Agency on Aging. It is designed to provide you, the caregiver, with resources for caring for yourself and a loved one safely at home.

The guide is set up in easy to access sections on important areas such as support groups, educational opportunities, websites, community programs, caregiver books, self-care, and of course, respite.

Additional information and resources can be found by calling the Allegheny County Area Agency on Aging SeniorLine at 412-350-5460 or toll free at 800-344-4319. Caregiver support information is also available online at:

www.alleghenycounty.us/dhs/aaa.aspx

We hope you find this tool helpful in your caregiving journey.

-The Caregiver Resource Committee

Allegheny County Department of Human Services / Area Agency on Aging
2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203
Phone 412-350-5460

CAREGIVING BOOKS



This **symbol** means the book is available to check out from an **Allegheny County Library**



The Alzheimer's Medical Advisor: A Caregiver's Guide

(2017) Philip Sloane, MD, MPH

Signs and Symptoms of Alzheimer's and tips on dealing with other medical conditions.

ISBN-13: 9781934716663



A Bittersweet Season: Caring for Our Aging Parents-and Ourselves

(2012) Jane Gross

The author shares her journey as caregiver to her mother.

ISBN-10: 030747240X

ISBN-13: 978-0307472403

Caregiver Defined: Words that Honor the work of the caregiver

(2017) Michael Fortuna

Honoring the work of the caregivers, this book offers tribute through key words and images.

ISBN: 978-0-9988376-0-4



The Caregiver's Guide to Self-Care

(2010) Jane Meier Hamilton

Activities to help caring for a loved one at home with a strong emphasis on self-care.

ISBN-10: 0741458020

ISBN-13: 978-0741458025

The Caregivers Financial Survival Guide: Navigating Through the Financial System (2017) Carolyn Brent

Gives families ways to work together to deal with financial burden.

ISBN-10: 1545498326

ISBN-13: 978-1545498323

A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick

(2012) Kay Marshall Strom

Stories and financial advice beneficial for caregivers caring for an elderly person.

ISBN-10: 0830822305

ISBN-13: 978-0830822300

A Cast of Caregivers: Celebrity Stories to Help You Prepare to Care

(2012) Sherri Snelling

The author interviews celebrities who have been family caregivers and provides advice on stress, guilt, support resources, conversation techniques, and self-care.

ISBN-10: 1452559139

ISBN-13: 978-1452559131



Chicken Soup for the Soul: Family Caregivers: 101 Stories of Love, Sacrifice and Bonding

(2012) Joan Lunden & Amy Newmark

Stories by caregivers that provide encouragement, inspiration, and advice for caregivers. ISBN-10: 1935096834

ISBN-13: 978-1935096832

Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved

(2012) Dr. Alan D. Wolfelt, Ph.D.,

Making self-care a priority can make a caregiver more effective.

ISBN: 978-1617221668



The Conscious Caregiver A Mindful Approach to Caring for Your Loved One Without Losing Yourself

(2017) Linda Abbit

Emotional guide to self-care while caring for an aging parent.

ISBN: 9781440597732

ISBN: 1440597731



The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (2016) Marc E. Agronin

The author guides readers on the changing roles of being a caregiver to someone with Alzheimer's by gaining resources to care for oneself and their loved one.

ISBN-10: 1442231912

ISBN-13: 978-1442231917



Dementia with Lewy bodies and Parkinson's disease dementia: patient, family, and clinician working together for better outcomes

(2014) Eric Ashlskog

The author, a clinician and researcher on Parkinson's disease and Dementia with Lewy Bodies, gives readers information on treating these complicated conditions.

ISBN-10: 0199977569

ISBN-13: 978-0199977567

ISBN-13: 978-1585424627



The Essential Guide to Caring for Aging Parents

(2012) Linda Rhodes

A practical and comprehensive guide for caregiver information.

ISBN-10: 1615641912

ISBN-13: 978-1615641918

Family Caregiving Across the Lifespan

(2012) Eva Kahana & May L. Wykle

Examines multigenerational caregiving families and the roles each has in caring for a chronically ill loved one at home.

ISBN-10: 0803944314

ISBN-13: 978-0803944312

A Guide for Caregiving: What's Next? Planning for Safety, Quality, and Compassionate Care for Your Loved One and Yourself

(2017) Tina M. Marrelli

A Comprehensive Guide to Caregiving at Home. American Journal of Nursing: 2017 Book of the Year.

Holding the Net: Caring for My Mother on the Tightrope of Aging

(2017) Melanie P. Merriman

Winner of Best Caregiving Book of 2017 by Caregiving.com.

ISBN: 9780999076613

Ice Cream in the Cupboard: A True Story of Early Onset Alzheimer's

(2017) Pat Moffett

A story of how a husband took care of his wife who had Alzheimer's disease.

ISBN-10: 0974227862

ISBN-13: 978-0974227863



Inside the Dementia Epidemic: A Daughter's Memoir

(2012) Martha Stettinius

The author advocates for better dementia care, more funding for research, and greater supports for caregivers.

ISBN-10: 0984932607

ISBN-13: 978-0984932603

Living with Dying: A Complete Guide for Caregiver

(2017) Katie Orlip, and Jahna Beecham

Practical guide with easy-to-follow tips for managing symptoms and having tough conversations. ISBN 978-0-9973300-2-1- (eBook)

ISBN 978-0-9973399-1-4



Making Toast: A Family Story

(2011) Roger Rosenblatt

The author addresses grief and loss of his child while becoming a parent to his three young grandchildren.

ISBN-10: 0061825956

ISBN-13: 978-0061825958

Mamma Peaches and Me: Wit and Wisdom for Worn-Out Caregiver

(2018) Christopher Charles Chaney

Critical survival tips every family care provider must know with a big dose of humor to guide you.

ISBN-13: 9780997709889



Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family (2016)

Barry J. Jacobs & Julia L. Mayer

Meditations for common caregiving challenges.

ISBN-10: 0738219029

ISBN-13: 978-0738219028

Murky Water: A Caregiver's Guide to Dealing with Dementia

(2017) Lori Trotter

A guide for caregiver's taking care of a loved one with Alzheimer's disease.

ASIN: B071VSV59H

My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver

(2017) Martin J. Schreiber, Cathy Breitenbucher

Former governor describes the journal as his wife transfers through the progression of the Alzheimer's disease.

ISBN-13: 9781945271885

Normal Doesn't Live Here Anymore: An Inspiring Story of Hope for Caregivers

(2011) Barb Owen & Race Owen

Stresses the importance of self-care when in the role of family caregiver.

ISBN-10: 1456474294/ ISBN-13: 978-1456474294

 ***Passages in Caregiving: Turning Chaos into Confidence***

(2011) Gail Sheehy

The author describes the emotional burden of caring for her husband, who died of cancer, and insight into navigating the health care system.

ISBN-10: 0061661201

Put Your Mask on First: The Caregiver's Guide to Self-Care

(2016) Dr. Gary Bradt & Scott Silknitter

Clinicians advocate to improve the quality of life for the family caregiver.

ISBN-10: 194328590X

ISBN-13: 978-1943285907

The Sandwich Generation: Caring for Oneself and Others at Home and at Work (2017) Ronald J. Burke and Lisa M. Calvano

Information about balancing competing roles.

ISBN-10: 1785364952

ISBN-13: 978-1785364952

 ***Still Alice: A Novel***

(2014) Lisa Genova

A novel made into a movie, of a 50-year-old Harvard linguistics professor who is diagnosed with early onset Alzheimer's disease.

ISBN-10: 1501106422 / ISBN-13: 978-1501106422

 ***The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Other Dementias, and Memory Loss in Later Life***

(2017) Nancy L. Mace & Peter V. Rabins

Information on emotional issues, finances, daily dementia care, and nursing homes or other residential options.

ISBN-10: 1421422239

ISBN-13: 978-1421422237

 ***The Spectrum of Hope: An Optimistic and New Approach to Alzheimer's Disease and other Dementias***

(2017) Gayatri Devi MD

A neurologist who has been specializing in dementia for 20 years redefines Alzheimer's as a spectrum disorder which impacts people differently.

ISBN: 9780761193098

ISBN: 076119309X

 ***While They're Still Here: A Memoir***

(2017) Patricia Willaims

A story of a caregiver who overcomes long-buried family issues and resistance to her help.

ISBN: 978-1-63152-240-6

E-ISBN: 978-1-63152-1241-3

Who Says Men Don't Care

(2011) James Gambone PhD & Rhonda Travland MS

A manual, specifically written for male caregivers that includes resources and types of illnesses and diseases.

ISBN-10: 1460906888

ISBN-13: 978-1460906880

EDUCATION PROGRAMS

Aging Mastery Program 412-697-1186

The Jewish Community Center of Pittsburgh offers a 12-week course for caregivers. mbarnes@jccpgh.org for more information.

Building Better Caregivers™ Online Workshop provides information and support. It's a free six-week online workshop for family caregivers of Veterans. You can locate your Caregiver Support Coordinator by visiting www.caregiver.va.gov/ and entering your ZIP code in the ZIP code finder from the U.S. Department of Veteran Affairs. For caregivers of non-veterans, contact Age Well Pittsburgh to register at: 412-422-0400

Powerful Tools for Caregivers [https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-\(CSPs\).aspx](https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-(CSPs).aspx)

Powerful Tools for Caregiver is offered for free and is a six-week class series that gives you the confidence and support to better care for your loved one- and **yourself**. Offered virtually on Zoom. Please call, 412-350-5051 to inquire about our in-person classes. Classes are free, but registration is required.

Dates and times are as follows for 2023:

DATES: Every Thursday, starting March 16th through April 20th from 12 PM-2 PM

Click below to register for dates above.

<https://us06web.zoom.us/meeting/register/tZMlduyhrTlvHNUOhJz3FDodlaAMvhR7kXno>

DATES: Every Thursday, starting April 27th through June 1st from 10 AM-12 PM

Click below to register for dates above.

<https://us06web.zoom.us/meeting/register/tZAtcu-ppzsiG9DPJcN1RVHtLzsC7N7LRkvS>

DATES: Every Thursday, starting July 27th through August 31st from 12 PM-2 PM

Click below to register for dates above.

https://us06web.zoom.us/meeting/register/tZlqce-urzliG9NhscGaNuKQmZ-47qmxq_3r

**Dates and times are subject to change.*

INSPIRE: Inspiring New Solutions and Providing Individualized Resources and Education

UPMC Senior Services 866-430-8742

www.upmc.com/Services/AgingInstitute/education-and-training/for-caregivers

Mental Health First Aid for Older Adults www.mentalhealthfirstaid.org

This eight-hour certification course teaches the caregiver to identify the signs of a mental health disorders and gain skills in responding to a crisis. Check online to find a class offered near you.

Training Videos

Advanced Directives: Planning Ahead April 2013, 50:52 Dr. Neil Wenger, UCLA Health

www.youtube.com/watch?v=aMm58Ea5XLk&list=PLw0lBK4PlwF5BJvKjJMTnLCQOKZfSMWXD&index=26

VETERANS



Allegheny County Department of Veteran Services

412-621-4357

4141 Fifth Avenue, Oakland, PA 15213

www.alleghenycounty.us/veterans/index.aspx

Representatives are available to help Veterans and their families explore benefits.

Choose Home Program

Friendly home visits for older veteran adults helps combat loneliness and isolation.

412-350-4061

Hidden Heroes

www.Hiddenheroes.org

412-481-8200 x. 259

PA Serves: Greater Pittsburgh

pittsburgh.americaserves.org/veteran-services/

Lists of providers for veterans and their families which include lists of legal providers for vets

VA Pittsburgh Healthcare System

1010 Delafield Road, Pittsburgh, PA 15215

Main # 866-482-7488

Respite at Adult Day care available

VA Pittsburgh

Caregiver Support Coordinator 412-822-2364

Veteran's Crisis Line

1-800-273-8255, press1

WWW.hiddenheroes.org

VA Pittsburgh (Oakland)

412-822-2222

4100 Aliquippa Street, Pittsburgh, PA 15213

VA Pittsburgh Healthcare System

Caregiver Services /Support Groups

855-260-3274

VA National Caregiver Support Line

1-855-260-3274

Safe at Home: A Caregiver's Guide November 2013, 18:38

www.youtube.com/watch?v=uSUNMbQz59g

Down Syndrome and Alzheimer's disease training for Caregivers August 2015, 35:20.

Megan Saunders, RN, University of Vermont

www.youtube.com/watch?v=YaundCCFJ7A

Helping Someone Up after a Fall Sept. 2010, 2:08

Foundation for PSP/CBD & other Brain Disorders

www.youtube.com/watch?v=10jR0zjl19Y

Professional Caregiver Videos

Helping Seniors with Loss of Independence December 2015, 59:28

www.youtube.com/watch?v=MixmOWD01w

Home Safety for Seniors May 2016, 57:58

www.youtube.com/watch?v=neCA9GDwiY

Seniors and Driving June 2016, 58:34

www.youtube.com/watch?v=uL2gkF2lpoo

Solving Communication Issues Within Families January 2016, 58:21

www.youtube.com/watch?v=6p94QreV8jE

Senior Nutrition and Mealtime February 2016, 57:25

www.youtube.com/watch?v=7ZvA58904

Seniors and Medication Management April 2016, 58:19

www.youtube.com/watch?v=Aqkg89IuaHQ

Understanding the Emotional Aspects of Caregiving

November 2015, 58:37

www.youtube.com/watch?v=0WhKbXMsp24

Family Caregiver Alliance's Videos Series

1: **Transfer Skills**, October 2011, 6:19

www.youtube.com/watch?v=oB0uPouIcXo

2: **Nutrition**, 6:53

www.youtube.com/watch?v=hrNpX913KkE

3: **Dental Care**, 6:42

www.youtube.com/watch?v=xFG1jtf6Zdg

4: **Bathing & Dressing**, 6:29

www.youtube.com/watch?v=lvQtjY3-bcE

5: **Toileting & Incontinence**, 4:44

www.youtube.com/watch?v=4DvYE12CM0c

6: *Behavioral Issues*, 7:18 www.youtube.com/watch?v=VDOJxKxNKsl

7: *Self-Care*, 5:39 www.youtube.com/watch?v=zi_gYDUfOKI

Home Instead Caregiving Training Series

Caregiver Stress, January 2011 (1 of 6), 4:05

www.youtube.com/watch?v=Duc92Lk1BGk&list=PLCBC6F413CFB55A6C

Facing the Challenges of Being a Family Caregiver: Caregiver Stress (2 of 6),

www.youtube.com/watch?v=OCheUpLqNKY&list=PLCBC6F413CFB55A6C&index=2

Signs of Stress: Caregiver Stress (3 of 6)

www.youtube.com/watch?v=hETCm99GZ-o&index=3&list=PLCBC6F413CFB55A6C

Caregiver Depression: Caregiver Stress (4 of 6)

www.youtube.com/watch?v=vBGQQPTyEKg&index=4&list=PLCBC6F413CFB55A6C

Dealing with Alzheimer's: Caregiver Stress (5 of 6)

www.youtube.com/watch?v=wTsykHR5A_4&list=PLCBC6F413CFB55A6C&index=5

De-stress from Caregiving: Caregiver Stress (6 of 6)

www.youtube.com/watch?v=TtxI0hUfurc&index=6&list=PLCBC6F413CFB55A6C

UCLA Alzheimer's and Dementia Care Program Caregiver Trainings

1: *Introduction*, April 2015, 2:32

www.youtube.com/watch?v=lORX9sm_JOM&index=2&t=0s&list=PLw0lBK4PlwF7Umx_D0qH7IVikbXE9KF8

2: *Hallucinations*, 4:03 www.youtube.com/watch?v=cpV57QGdU7I

3: *Refusal to Bathe*, 4:28 www.youtube.com/watch?v=sl3Dc1kERto

4: *Refusal to Take Medication*, 4:03 www.youtube.com/watch?v=-rB5-AkqpiQ

5: *Repetitive Behaviors*, 3:45 www.youtube.com/watch?v=PQ7VcyEgVzw

6: *Repetitive Questions*, 3:56 www.youtube.com/watch?v=hke8ek_aHkE

7: *Sundowning*, 3:39 www.youtube.com/watch?v=kskiEKghjAE

8: *Wandering*, 4:05

www.youtube.com/watch?v=SwOyEB508mI&index=7&list=PLw0lBK4PlwF5BjvKjJMTnLCQOKZfSMWXD

GRANDPARENTS RAISING CHILDREN

Allegheny County Grandparent Support Program

412-350-5460 **Call for questions and to enroll.**

Reimbursement program for grandparents raising children when parents are unable. Assistance with childcare, respite, school supplies, extracurricular activities, legal and financial planning, mental health counseling, seasonal clothes, etc. [Caregiver Opportunities | Caregiver Support Programs | Allegheny County](#)

Alliance for Community Respite Care (ACRC)

412-683-7100

1400 South Braddock Avenue, Pittsburgh, PA 15218

Assists families with locating appropriate respite care solutions and offers grants for respite care.

www.classcommunity.org/how-we-help/respite-care-providers

Highmark Caring Place

888-224-4673

620 Stanwix Street, Pittsburgh, PA 15222

Support group for children grieving loss of parent

Big Brothers Big Sisters of Greater Pittsburgh

5989 Centre Avenue, Pittsburgh, PA 15206

412-363-6100 www.bbbsPittsburgh.org

Every Child, Inc.

1425 Forbes Avenue, 3rd Floor, Pittsburgh, PA
15219412-665-0600 www.everychildinc.org

Foster the Love

Free donation center for kids in foster care
412-819-5908
463 S. Trenton Ave. Pittsburgh, PA 15221
www.fosterloveproject.org

Pennsylvania KinConnector

1-866-KIN-2111 (1-866-546-2111) www.kinconnector.org
PA KinConnector provides guidance, advice, and support for grandparents raising grandchildren and other relative and non-relative Kinship Caregivers.

Allegheny County Assistance Office

412-565-2146/800-692-7462
Piatt Place, 301 5th Avenue, Suite 470,
Pittsburgh, PA 15222
Apply for benefits like Temporary Assistance for Needy Families, healthcare, childcare, etc.
www.compass.state.pa.us/

AARP Grandparents Raising Grandchildren

www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html

Allegheny County Head Start Program

412-394-4594
Allegheny Intermediate Unit, 475 East Waterfront Drive, Homestead, PA 15120
www.aiu3.net/page/1

Grandparents of Children with Autism Support Group 412-781-4116

Mt. Lebanon Municipal Building,
710 Washington Road,
Mt. Lebanon, PA 15228

YWCA- Child Care Information Services

412-391-5100
305 Wood Street, Pittsburgh, PA 15222/6907 Frankstown Avenue. Pittsburgh, PA 15208
<https://www.ywcaPittsburgh.org/what-we-do/education/early-learning/>
Provides childcare information and subsidized childcare for eligible families.

Boys and Girls Clubs of Western Pennsylvania (main # 412-782-5710) www.bgcwpa.org

- Lawrenceville: 4600 Butler Street. Pittsburgh, PA 15201, 412-682-4013
- Carnegie: 630 Washington Ave. Carnegie, PA 15106, 412-276-3151
- Duquesne: 938 Chestnut Street. Duquesne PA 15110, 412-466-3626
- McKeesport: 901 Ravine Street. McKeesport, PA 15132, 412-678-7070
- Northern Area: 100 Howard Street. Pittsburgh PA 15209, 412-821-5779
- Shadyside: 6 Brownell Place. Pittsburgh PA 15232, 412-681-8575
- Southside: 317 E Carson Street. Suite 238 Pittsburgh, PA 15203, 412-782-5710
- Wilksburg: 807 Wallace Ave. Pittsburgh, PA 15221, 412-243-7711

Grandparent Support Groups

A Second Chance 412-342-0600
8350 Frankstown Road, Pittsburgh, PA
15221 www.asecondchance-kinship.com

Grandparents Raising Grandchildren Support Groups
Holy Child Rectory 412-983-0309
212 Station Street. Bridgeville, PA 15017

PA KinConnector 1-866-546-2111
KINdred Spirits Virtual Support Group
kinsupport@kinconnector.org
[KINdred Spirits Virtual Support Group | Kinconnector.org](http://KINdredSpiritsVirtualSupportGroup|Kinconnector.org)



Are you a grandparent raising children in Allegheny County?

Support is available.



Call the SeniorLine at (412) 350-5460 for more information.
CSP is a program administered by Allegheny County Department of Human Services, Area Agency on Aging.



HELPLINES/PROGRAMS

Allegheny Co. Caregiver Support Program

412-350-5460 **Call to enroll.**

Reimbursement for unpaid caregivers who provides routine care to a loved one at home. Program offers respite, education, care management, and reimbursement to caregivers of functionally impaired loved one age 60+, caregivers of adults with disabilities, or grandparents raising children.

[https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-\(CSPs\).aspx](https://www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-(CSPs).aspx)

AARP Caregiver's Call Center

1-877-333-5885

Age Well Pittsburgh

412-422-0400 1-877-243-1530

www.agewellPittsburgh.org

UPMC Senior Services

Help and Referral Line: 1-866-430-8742

Allegheny Link for senior and disability services 1-866-730-2368

Checkmates 412-697-3528

Weekly confidential call to provide friendship, reassurance, and a check in.

Easter Seals 412-281-7244

www.easterseals.com/explore-resources/for-caregivers/

United Way of Pennsylvania 211

Dial 2-1-1 or 412-255-1155 www.uwp.org

Hope Grows for Caregiver Support 412-369-4673

Education, support groups, phone support, and respite for caregivers.

www.hopegrows.net

HelpGuide.org

Tips for finding balance and avoiding caregiver burnout

www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm

Hugh Lane Wellness Foundation 412-973-5053

www.hughlane.org

Supporting the foundation of the LGBTQ+ and HIV Communities in Western Pennsylvania

Mayo Clinic - Caregiver Stress: Tips for Taking Care of Yourself

www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784

Family Caregiver Alliance 800-445-8106

Taking Care of You: Self-care for caregivers

www.caregiver.org/taking-care-you-self-care-family-caregivers

VA Caregiver Support- Caregiver: Self Care [Self-Care Activities - VA Caregiver Support Program](#)

National Alliance for Mental Illness helpline

888-264-7972

For help in a crisis text **NAMI** to 741741

www.namikeystonePA.org

SeniorLine 412-350-5460 / 1-800-344-4319

Seniorline@Alleghenycounty.us

TTY/TDD 412-350-2727

Ombudsman Program 412-350-5791

Advocates for older adults living in nursing facilities, personal carehomes and the community.

Older Adult Protective Services 412-350-6905

Takes reports of abuse, neglect, or financial exploitation of older adults.

Blue Neighbors

Blue Neighbors is a volunteer program that creates memorable experiences and improves the health of our communities. We build sustainable friendships through social connections and engagement opportunities, and empowering people through education and resources.

<https://www.highmark.com/plans/medicare/blue-neighbors.html>

Re: solve Crisis Network
1-888-796-8226 (1-888-7-YOU-CAN)
www.upmc.com/Services/behavioral-health/resolve-crisis-services

PEAL 412-281-4404
2325 E Carson St #100a, Pittsburgh, PA 15203
Parent Education & Advocacy Leadership (PEAL) Center serves families across Pennsylvania

Peer Support & Advocacy Network (PSAN) 412-227-0402
960 Penn Avenue, Suite 1100, Pittsburgh, PA
15222
www.peer-support.org

Warmline for emotional
support 1-866-661-WARM
(9276)
Warm and Friendly Call Program
412-894-2364

Persad Center 412-441-9786
5301 Butler Street, Suite 100, Pittsburgh, PA 15201. Services to the LGBTQ community, people with HIV, and their caregivers.

The National Caregiver Support Line
1-855-260-3274
Resource and referral center to assist in finding caregiver information
www.va.gov/opa/pressrel/pressrelease.cfm?id=2047

In Service of Seniors 412-345-7420
6401 Penn Avenue, 2nd Floor, Pittsburgh, PA
15206
[In Service of Seniors & Open Your Heart to a Senior - Wesley Family Services \(wfspace.org\)](http://www.wesleyfamily.org)
Volunteers assist frail adults age 60+ with services like grocery shopping, running errands, safety checks, and rides to medical appointments



Achieva Family Trust

412-995-5000/888-272-7229

711 Bingham St, Pittsburgh, PA 15203

www.achieva.info/achieva-family-trust

Provides services to help families and individuals with disabilities plan for their future.

Aging Care www.agingcare.com

Financial planning tips for caregivers

PA MEDI formerly APPRISE

412-661-1438

6401 Penn Avenue, Pittsburgh, PA

15206 [PA MEDI \(formerly APPRISE\) -](http://www.pa-medi.org)

[Wesley Family Services \(wfspa.org\)](http://www.wfspa.org)

PA MEDI counselors provide Medicare counseling either face to face or over the phone.

Bayer Center for Nonprofit management, LAWlinks 412-397-4000/412-397-6008

6001 University Blvd., Moon Township, PA 15108

Elder law, business, estate planning and healthcare

Caregiver.com

[Financial Planning & Taxes - A Place for Mom](http://www.caregiver.com)

Caregiver tips for financial planning

Caring Connections 800-658-8898

1731 King St. Alexandria, VA 22314 www.caringinfo.org

Caring Connections is a national initiative to improve care at the end of life. Helps caregivers with planning using PA Advance Directive tools.

Elderlaw Clinic

University of Pittsburgh Law School

3900 Forbes Ave.

Pittsburgh, PA 15260

(412) 648-1300

[Elder Law Clinic | School of Law | University of Pittsburgh](http://www.elderlawclinic.org)

Students are supervised and provide free legal services to low-income adults ages 60 and older and/or clients' family members. Services focus on advance planning for incapacity (including Powers of Attorney and Living Wills), simple estate planning, guardianship and related matters, Medical Assistance for long-term care, settlement of estates with limited assets/small estates, and grandparenting issues. Students also provide community presentations on elder law issues.

UPMC Senior Services

Preparing for a loved one's financial needs:

www.upmc.com/services/aginginstitute/resources-for-caregivers/pages/financial-planning.aspx

Legal services and resources: <http://www.upmc.com/Services/AgingInstitute/resources-for-caregivers/Pages/legal-services-and-resources.aspx>

WISER (Women's Institute for a Secure Retirement)

Financial Steps for Caregivers: *What You Need to Know About Money and Retirement* helps identify financial decisions a caregiver. Information on planning for retirement: www.wiserwomen.org.

National Alliance for Caregiving Provides information on working and caregiving, financial support, retirement planning and social security benefits for caregivers.

www.caregiving.org/resources/finances-work or www.caregiving.org

Neighborhood Legal Services Association

412-255-6700 ext. 216

928 Penn Avenue. Pittsburgh, PA 15222

Elder law, bankruptcy, criminal, and divorce

PA Legal Aid Network (PLAN) is a state-wide network of independent legal programs that provide legal assistance to low-income individuals and families.

<https://palegalaid.net/>

PALawHelp.org is a self-guided online resource that can help you understand your legal rights, the law, and the courts as well as locate legal forms or programs providing legal assistance in Pennsylvania.

<https://www.palawhelp.org/>

Pennsylvania Bar Association (PBA)

A Legal Referral Service operates Monday through Friday, from 8:00 a.m. to 4:30 p.m., and can be reached by calling (800) 692-7375. Ask the Legal Referral Services representative to explain any charges for services.

Ursuline Support Services

2717 Murray Avenue.

Pittsburgh, PA 15217

1-888-881-4749 / 412-224-4700

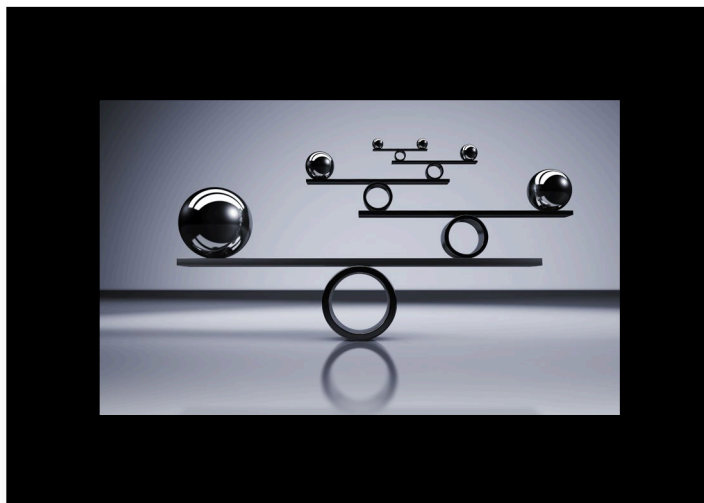
Representative Payee, guardianship, and volunteer bill paying services for fragile older adults.

SeniorLAW Center

877-727-7529 (Statewide)

The Pennsylvania SeniorLAW Helpline is a free and confidential telephone service, staffed by attorneys, providing legal information, advice, and referrals to older adults (60 years and older) throughout the state.

<https://seniorlawcenter.org/>



RESPIRE

Respite provides a caregiver with a break from the responsibilities of caregiving. The length varies from an hour to a couple weeks. Respite takes place at home, an adult day care center, nursing home, or other places. Respite gives the caregiver time to run errands, catch up on sleep, address their own medical needs, to relax, and more.

ARCH National Respite Network

1-919-490-5577

www.respitelocator.org

Helps caregivers find area respite resources.

Eldercare locater

<https://eldercare.acl.gov>.

1-800-677-1116

National site that helps caregivers find local resources.

Alliance for Community Respite Care (ACRC) 412-683-7100

1400 South Braddock Avenue, Pittsburgh, PA 15218

Assists families with locating respite and grants for respite care.

www.classcommunity.org/how-we-help/respice-care-providers

East End Cooperative Ministry

412-361-5549

www.eecm.org

6140 Station Street, Pittsburgh, PA 15206

Respite care program offers shelter and non-medical respite care for adults who are unable to return to their homes. Allows up to 12 adults at a time a place to heal after hospital discharge.

Epilepsy Foundations of Western Pennsylvania www.efwp.org

412-322-5880/1-800-361-5885

1501 Reedsdale Street, Suite 3002, Pittsburgh, PA 15233

Respite for caregiver of a person with uncontrolled seizures

Jewish Association on Aging Nighttime Memory Care Program

300 JHF Drive, Pittsburgh, PA 15217

412-422-9454

www.jaaPittsburgh.org/memory-care-center-of-excellence/adult-day-services

Overnight respite program for adults with Alzheimer's disease or dementia.

Senior Companion Program

412-350-5460

2100 Wharton Street. 2nd Floor

Pittsburgh, PA 15203

www.allegHENYcounty.us/dhs/inhome.aspx

Friendly visits and companionship. Caregivers may benefit from several hours respite weekly.

Nursing Homes Which Provide Respite

Bridgeville Rehab and Care Center 412-257-2474
3590 Washington Pike, Bridgeville, PA 15017

Cheswick Rehab and Wellness 412-767-4998
3876 Saxonburg Blvd, Cheswick, PA 15024

The Commons at Squirrel Hill 412-421-8443
2025 Wightman Street, Squirrel Hill, PA 15217

Concordia of Monroeville 412-373-3900
4363 Northern Pike, Monroeville, PA 15146

Concordia at Rebecca Residence
724-444-0600
3749 Cedar Ridge Road, Allison Park, PA 15101
724-224-9200
1050 Broadview Blvd., Brackenridge, PA 15014

Cornerview Nursing and Rehabilitation 412-665-3232
6655 Frankstown Ave, East Liberty, PA 15206

Eldercrest Nursing Center 412-462-8002
2600 West Run Road, Munhall, PA 15120

Friendship Village of South Hills 724-941-3100
1290 Boyce Road, Upper St. Clair, PA 15241

Harmar Village Care Center
724-274-3773
715 Freeport Road, Cheswick, PA 15024

Highland Park Care Center 412-362-6622
745 N. Highland Avenue, East Liberty, PA 15206

Platinum Ridge 724-224-9200
1050 Broadview Blvd, Brackenridge, PA 15014

ProMedica Bethel Park 412-831-6050
60 Highland Road, #119b Bethel Park, PA 15102

ProMedica Whitehall 412-884-3500
505 Weyman Road, Whitehall, PA 15236

ProMedica Monroeville 412-856-7071
885 MacBeth Drive, Monroeville, PA 15146

ProMedica Greentree 412-344-7744
1848 Greentree Road, Green Tree, PA 15220

ProMedica North Hills 412-369-9955
1105 Perry Highway, Ross Township, PA 15237

ProMedica Shadyside 412-362-3500
5609 Fifth Avenue, Shadyside, PA 15232

ProMedica McMurray 724-941-3080
113 W McMurray Road, McMurray, PA 15317

ProMedica 412-665-2400
550 S Negley Ave, Pittsburgh, PA 15232

Kane Glen Hazel
412-422-6800/412-422-5263
955 Rivermont Drive, Glen Hazel, PA 15207

Kane McKeesport
412-422-6800/412-422-5263
100 Ninth Street, McKeesport, PA 15132

Kane Regional Center 412-422-5263
300 Kane Blvd., Scott Township, PA 15243

Kane Ross
412-369-2000/412-422-5263
110 McIntyre Road, Ross Township, PA 15237

Meadowcrest Nursing Center 412-854-5500
1200 Braun Road, Bethel Park, PA 15102

Monroeville Rehab 412-856-7570
4142 Monroeville Blvd, Monroeville, PA
15146

North Hills Health and Rehab Center
724-935-3781
194 Swinderman Road, Wexford, PA 15090

LGAR Health and Rehabilitation Center
412-825-9000
800 Elsie Street, Turtle Creek, PA 15145

Longwood at Oakmont 1-877-558-4692
500 Route 909, Verona, PA 15147

Jefferson Hills Manor 412-653-1128
448 Old Clairton Road, Jefferson Hills, PA 15025

Jefferson Hills Rehab & Wellness Center
412-466-1125
540 Coal Valley Rd, Jefferson Hills, PA 15025

Oakmont Center for Nursing and Rehabilitation
412-828-730026 Ann Street, Oakmont, PA 15139

Presbyterian Senior Care – The Willows
412-828-5600
1215 Hulton Road. Oakmont, PA 15139

Providence Point Healthcare Residence 412-489-3560
200 Adams Ave, Scott Township, PA 15243

Reformed Presbyterian Home 412-321-4139
2344 Perrysville Avenue, Pittsburgh, PA 15214

Riverside Care Center 412-664-8860
100 Eighth Ave, McKeesport, PA 15132

Southwestern Nursing 412-466-0600
500 Lewis Run Road, Pleasant Hills, PA 15122

St. Barnabas 724-443-0700
5827 Meridian Road, Gibsonia, PA 15044

UPMC Canterbury Place 412-622-9000
310 Fisk Street, Lawrenceville, PA 15201

UPMC Heritage Place 412-422-5100
5701 Phillips Avenue, Squirrel Hill, PA 15217

UPMC Seneca Place 412-798-8000
5360 Saltsburg Rd, Verona, PA 15147

Village at Pennwood 412-723-3662
909 West St, Wilkinsburg, PA 15221

Vincentian De Marillac 412-361-2833
5300 Stanton Ave, Stanton Heights, PA 15206

Vincentian Home 412-366-5600
111 Perrymont Rd, McCandless, PA 15237

West Hills Health and Rehab 412-269-1101
951 Broadhead Road, Coraopolis, PA 15108

Wexford Healthcare Center 412-366-7900
9850 Old Perry Highway, Wexford, PA 15090

Woodhaven Care Center 412-856-4770
2400 McGinley Road, Monroeville, PA 15146



Respite from Home Health Agencies

Advantage Home Health Services, LLC

412-440-0142

Allegheny Health Network

888-599-7328

A & M Healthcare Agency

412-793-3705

Anova Home Healthcare

412-859-8801

Aveanna

412-367-3620

BAYADA Home Health Care

412-374-1440

Care at Home Preferred

412-967-1111

Concordia Visiting Nurses

1-877-352-6200

Diversified Health Care

412-784-8888

Emerald Home Health

412-429-5880

Family Home Health Services

412-856-4000

Extended Family Care

412-241-7292

Gallagher Home Health

412-279-7800

Heartland Home Health Care

412-919-5699

Interim Healthcare

412-436-2200

Landmark Home Health Care

412-781-4713

Maxim Healthcare Services

412-687-2838

Medi-Home Health Agency

1-866-273-6334

Omni Home Care

412-276-5030

Paramount Home Health Services

412-650-3107

Presbyterian SeniorCare Home Health

412-826-4055

PRN Health Service Inc.

1-800-860-8222

Renaissance Home Care

412-563-5055

Sandin Home Health Services

412-816-2325

St. Barnabas Home Care

724-444-5502

UPMC Home Healthcare

1-888-860-2273

***Western Pennsylvania Home Health Association
(WPHHA)***

412-421-0909

Respite at Adult Day Centers

*** Serves individuals with Intellectual disabilities**

Anathan Club

412-422-9454

300 JHF Drive, Squirrel Hill, PA 15217

Blind Vision Rehabilitation Services of

Pittsburgh*412-368-4400

1816 Locust Street, Pittsburgh, PA 15219

Catholic Youth Association Stephen Foster Center

412-621-3342

Main Street, Lawrenceville, PA 15201

Center for Community Supports Day Program* 412-771-3614

86 Coraopolis Road, Coraopolis, PA 15108

Chartiers Center*412-344-7155

2866 Glenmore Avenue, Dormont, PA 15216

Community LIFE 724-230-3240

702 Second Avenue, Tarentum, PA 15084

Community LIFE 412-464-2101

491 East Eighth Avenue, Homestead, PA 15120

Community LIFE 1-866-419-1693

4201 Walnut St, Suite 1 McKeesport, PA 15132

Easter Seals/Harmarville 412-826-4939

370 Guys Run Road, Cheswick, PA 15024

Elizabeth Seton Center* 412-561-8400

1900 Pioneer Avenue, Brookline, PA 15226

LIFE Pittsburgh 412-388-8050

1200 Reedsdale Street, (Rear) Pittsburgh, PA 15233 or

Three Allegheny Center, 1st Floor, Pittsburgh, PA 15212

LIFE Pittsburgh 412-388-8050

875 Greentree Road, One Parkway Center, Suite 100, Green Tree, PA 15220

Mon Yough Community Services, Inc. Senior Connection 412-675-8426

500 Market Street, McKeesport, PA 15132

New Horizon Senior Center* 412-247-4902
10147 Frankstown Road, Penn Hills, PA 15235

Partners for Quality Citizen Care Walden Center* 412-264-8755
1225 Lewis Avenue, Coraopolis, PA 15108

Prime Time Adult Services* 412-835-6661
44 Highland Road, Bethel Park, PA 15102

SarahCare 412-271-3600
2030 Ardmore Blvd., Forest Hills, PA 15221

VA Pgh Healthcare System 412-822-2088
H.J. Heinz 1010 Delafield, Aspinwall, PA 15215

Wesley Family Services 412-447-0009
104 Beta Drive, Pittsburgh, PA 1523

Woodside Place in Oakmont 412-826 6500
1215 Hulton Road, Oakmont, PA 1513

In-Home Support

Whether your connection to assistance and support is called a S Care Manager, or Supports Coordinator, each works with families to identify needs and to link the older adult and caregiver to support services. They are familiar with a broad array of resources like community, state, and federal programs. A Care Manager completes an assessment, develops an individualized care plan, coordinates services, makes home visits, and communicates regularly to ensure caregiver's needs are met. Please contact the AAA SeniorLine at 412-350-5460, toll-free 1-800-344-4319 or [email SeniorLine](#) to discuss any of these services.

Allegheny County Area Agency on Aging
412-350-5460
2100 Wharton Street, 2nd Floor, Pittsburgh, PA 15203
[Older Adults | In-home Support | Allegheny County](#)

FamilyLinks 412-924-0400
www.familylinks.org
1500 Ardmore Blvd., Suite 501, Forest Hills, PA 15221

LifeSpan 412 464-1300
www.lifespanpa.org
314 East Eighth Avenue, Homestead, PA 15120

Wesley Family Services 412-447-0128
<https://wfspa.org/>
104 Beta Drive. Pittsburgh, PA 15238

Options Care Management 412-350-5460
www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Care-Management.aspx

SUPPORT GROUPS

Age Well Pittsburgh Jewish Family & Children's Services

412-422-7200

5743 Bartlett Street, Pittsburgh, PA 15217

Hope Grows

412-369-4673

183 Shafer Road, Moon Township, PA 15108

Plum Senior Center

412-795-2330

499 Center New Texas Road, Plum, PA 15239

Alzheimer's Disease Support Groups

Alzheimer's Association, Greater PA Chapter

412-261-5040

www.alz.org/pa

1100 Liberty Ave, Suite E-201, Pittsburgh, PA 15222

For virtual or in-person Support Groups

Contact 24 hr. Helpline 1-800-272-3900

Alzheimer's Association & AARP Community Resource Finder

<https://www.communityresourcefinder.org/>



Home Instead Senior Care (North Hills)

412-264-4700

4900 Perry Highway, Bldg. 1, Suite 100, Pittsburgh, PA

St. Stephens Henning House

412-741-1790

405 Frederick Ave, Sewickley, PA 15143

Sunrise of McCandless

412-441-1241

900 Lincoln Club Drive, Pittsburgh, Pa 1523

Presbyterian SeniorCare-Longwood

412-826-5700 Main

412-826-6536

500 Route 909, Verona, PA 15147

-Woodside

412-826-6132

1215 Hulton Road, Oakmont, PA 15139

UPMC Senior Services at UPMC McKeesport

412-664-3463

Crawford Bldg., 1500 Fifth Avenue, 1st floor, Suites 145 and 150, McKeesport, PA 15132

Juniper Village (Forest Hills)

412-244-9901

107 Fall Run Road, Pittsburgh, PA 15221

Richard Morgan Redstone Highlands

724-864-5811

12921 Lincoln Way, North Versailles, PA 156

Home Instead Senior Care (South Hills)

412-595-7554

1500 Oxford Drive, Suite 10

Bethel Park, PA 15102

Mt. Vernon of South Park

412-655-3535

1400 Riggs Road, South Park, PA 15129

Paramount Senior Living South Hills

412-650-3100

100 Knoedler Road, Pittsburgh, PA 15236

The Pines of Mt. Lebanon

412-341-4400

1537 Washington Road, Pittsburgh, Pa 15228

Sunrise of Upper St. Clair

412-831-2200

500 Village Drive, Upper St. Clair, PA 1524

Bereavement Support Groups

Anchorpoint Counseling Ministry

412-366-1300

800 McKnight Park Drive #802, Pittsburgh, PA 15237

Coping with Grief Support Group

724-516-8605

Excelsa Health Hospital, Greensburg, and Latrobe

Family Hospice Bereavement Department

412-572-8829

50 Moffett Street, Mt. Lebanon, PA 15243

Orenda Counseling Center

412 334 9753

Virtual

Gateway Hospice

412-536-2020

9380 McKnight Rd #201, Pittsburgh, PA 15237

Jewish Community Center

412-422-5700

200 JHF Drive, Pittsburgh, PA 15217

Memorial Park Presbyterian Church

412-364-9492

8800 Peables Road, Allison Park, PA 15101

St. Stephens Church

Grief Share Faith based Support Group

<https://www.ststephenschurch.net/grief-share>

412-741-1790 Debby Frantti

Three Rivers Hospice

412-349-0760/412-478-6052



Support Group for Medical Condition

ALS Caregiver Support Group

412-821-3254

sandra@cure4als.org

American Cancer Society

1-800-227-2345 cancer.org

Hillman Cancer Center

412-647-2811

5115 Centre Ave, Pittsburgh, PA 15232

Our Clubhouse (free cancer support)

412-338-1919

2819 Smallman Street.

Pittsburgh, PA 15222

www.ourclubhouse.org

Mercy Hospital Stroke Support Group

412-232-8738

Virtual

Encompass Harmarville Stroke Support Group 412-826-2784

Encompass Moving Ahead Brain Injury Support Group 412-670-4861 www.tbi-able.org

Encompass Harmarville Parkinson's Group

412-828-1300 x7710

American Diabetes Association

1-888-342-2383

Diabetes.org

Blind and Vision Rehabilitation Services of

Pittsburgh 412-368-4400

TTY 412-368-4095 blindVR.org

National Multiple Sclerosis Society

1-800-344-4867

Nationalmssociety.org/pax



WEBSITES

AARP Supporting Family Caregivers in Pennsylvania <https://states.aarp.org/pennsylvania/supporting-family-caregivers-in-pennsylvania> 1-866-389-5654 or email aarppa@aarp.org
AARP Pennsylvania is working to enhance the quality of life for all Pennsylvanians as they age.

Aging Care www.agingcare.com

On-line magazine and caregiver forum. Caregivers post questions and issues which are answered by experienced caregivers. Education classes offered for professionals in senior issues.

Alzheimer's Association Greater Pennsylvania www.alz.org/pa

Lists local caregiver support groups and education opportunities for caregivers of a loved one diagnosed with Alzheimer's disease.

Alzheimer's Foundation of America/Care Crossroads alzfdn.org/

On-line discussion boards and support groups. Questions are answered by social work professionals.

Aging in Place Technology www.ageinplacetech.com

Features posts reviewing the latest technology for caregivers and older adults.

Aging 2.0 www.aging2.com

Monthly newsletter about updates in technology and aging.

The Briefcase is a web-based resource that caregivers can use for themselves. [APA's Family Caregiver Briefcase for Psychologists www.apa.org/pi/about/publications/caregivers/index.aspx](http://www.apa.org/pi/about/publications/caregivers/index.aspx)

Care Zone carezone.com/home

Organizational app, free for iPhone, iPad and Android Tech additions.

Download the Caregivers Self-Assessment to review your responsibilities, role as a caregiver, evaluate your stress level, and make a caregiving plan.

www.va.gov/GERIATRICS/Guide/LongTermCare/Shared_Decision_Making.asp

Caring Bridge www.CaringBridge.org

Calendar function and task scheduling features.

Caregiver Action Network www.caregiveraction.org

Explains how to find a support group and how to start difficult conversations. The site also has a caregiver forum.

Caring.com www.caring.com

Free guide to Alzheimer's care.

Caregiver Magazine www.caregiver.com

Caring Today www.caringtoday.com

Offers self-care guides and other resources for caregivers.

Dementia Caregiver Solutions [Find at iTunes](#)

Informational app for iPhone and iPad

Eldercare Locator <https://eldercare.acl.gov>

Search by zip code or topic to find eldercare and caregiver resources in your local area.

Family Caregiver Alliance www.caregiver.org/

National Center on Caregiving

Help for Cancer Caregivers www.helpforcancercaregivers.org

Information about avoiding caregiver burnout, self-care, and long-distance caregivers.

Help for Alzheimer's Families www.HelpForAlzheimersFamilies.com

Free Alzheimer's training to local caregivers

National Institute on Aging www.nia.nih.gov

National Alliance for Caregiving www.caregiving.org

Lotsa Helping Hands www.lotsahelpinghands.com

Create a network of informal supports by coordinating appointments and caregiving responsibilities.

Pennsylvania Department of Aging www.aging.state.pa.us

State regulations of geriatric program. Offers resources and links to other sites.

Pittsburgh Senior News and Senior Resource Guide

www.pittsburghseniornews.com

Guide with County specific senior resources and stories available in Allegheny, Butler and Beaver Counties

The Pittsburgh Regional Caregivers Survey

www.healthpolicyinstitute.pitt.edu/sites/default/files/CaregiverSurvey.pdf

Summary of The Caregiver Project research conducted by the University of Pittsburgh Center for Caregiving Research, Education and Policy. Information how local caregivers compare to national caregivers.

Rosalynn Carter Institute for Caregiving www.rosalynncarter.org

Seniors Blue Book

[Home \(seniorsbluebook.com\)](http://seniorsbluebook.com)

The Caregiver Space

thecaregiverspace.org/magazine/

Online articles on relevant caregiver topics.

This Caring Home www.ThisCaringHome.org

United Hospital Fund Next Step in Care www.nextstepincare.org

Guides to help family caregivers and health care providers work collaboratively planning safe transitions for chronically or seriously ill patients.

Well Spouse Association wellspouse.org

Online resources for spousal caregivers and offers caregiver respite weekends throughout the United States.

WORKING CAREGIVERS

Working caregivers have unique challenges in maintaining work/life balance. Employers and caregivers can work collaboratively toward mutually beneficial goals. Employer and caregivers both benefit from eldercare programs. Flexible schedules, support programs, access to counseling, training, resources, stress management, smoking cessation, and other wellness initiatives are ways employers support the mental and physical health of working caregivers.

Atlas of Caregiving atlasofcaregiving.com/family-caregivers-working-home-working-work/
Monthly articles on various caregiving topics.

The Essential Guide to Family & Medical Leave 5th edition

(2016) Lisa Guerin
ISBN -10: 14133227356
ISBN-13: 978-1413322743

Juggling Life, Work and Caregiving

(2015) Amy Goyer
ISBN-10: 1634251636
ISBN-13: 978-1634251631

Working Caregiver

www.workingcaregiver.com

Supporting Working Caregivers: Case Studies of Promising Practices (2017)
respectcaregivers.org Report by the ReACT (Respect A Caregiver's Time) Coalition.

Videos for Working Caregivers and Employers

www.youtube.com/playlist?list=PLUthdkimXSzsHfYY_VuJAyvvyuOTmClqee

"You Are Not Alone series" for the family caregiver. 8 videos by Emblem Health

www.youtube.com/watch?v=yRNfZT6Xe7I ***Examples of Workplace Supports for Employed Caregivers*** 4:07

Working caregivers are more effective and have greater job satisfaction than other employees with flexible workplaces. The video discusses the employer's role in providing workplace support.

www.youtube.com/watch?v=yQAYAhI5HNA ***The Employed Family Caregiver Survey: A Tool for Employers***

5:40 Explains a survey tool that measures employee involvement in family caregiving, and the valuable information employers obtain from the tool.

www.youtube.com/watch?v=BPDdTsSqTTE ***Employers Benefit from Supporting Employed Caregivers*** 8:22

Three top managers describe the variety of support provided to their employees and the benefits to both employee and employer.

www.caregiverstress.com/geriatric-professional-resources/development-training/support-working-family-caregiver/ 58.37 Support for the Working Family Caregiver- Professional Caregiver Webinar

Check out a Caregiver Support Backpack at your local Library



The Allegheny County Area Agency on Aging offers caregiver backpack full of Caregiver Resources and information. We understand how difficult balancing giving care to a loved one and other life commitments may be. Review books, DVD/movie, magazines, and brochures when it is convenient for you and in the privacy of your own home.

50+County libraries have backpacks available for caregivers to check out. Backpacks contain a diverse selection of local supports on finances, emotions, making decisions, respite, tools, and training.

To provide additional resources or to update information for future additions of this guide, please email: jacqueline.musgrove@alleghenycounty.us