

New Mexico
Aging and Long-Term Services Department
Caregiver Resource Handbook
2017



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Introduction

It is estimated that over 400,000 people from all walks of life are caring for loved ones at any one time in New Mexico. These caregivers provide assistance with tasks such as meal preparation, bathing, housekeeping, taking medications and a variety of other day-to-day activities. Most people, at some point in their lives, become caregivers. Unpaid caregivers are the backbone of support for elders and people with disabilities in the United States. There are many organizations and programs available throughout New Mexico dedicated to serving caregivers. The New Mexico Caregiver Resource Handbook is a guide to available services and resources.

Help for New Caregivers - Where to Start

As most people become caregivers at some point in time, it is important to plan ahead. You may find that your parent or spouse, sibling or adult child, friend or neighbor, has caregiving needs. It can happen quickly or gradually. Start by gathering information, assessing current and future needs, and identifying support. Have conversations with your family members and loved ones, discuss their wishes, and plan ahead.

The **NM Aging and Disability Resource Center (ADRC)** is a one-stop call center to find out about services and resources in New Mexico. An ADRC counselor can help you with the first steps in determining caregiver needs and available services. Visit <http://www.nmaging.state.nm.us/adrc.aspx> or call 1-800-432-2080 or TTY: 505-476-4937.

Planning

AARP provides a publication titled “Prepare to Care: A Planning Guide for Families” available for download at <http://www.aarp.org/home-family/caregiving/prepare-to-care-planning-guide/>, or visit www.aarp.org/ and search for *Prepare to Care*. Call toll-free, 1-888-687-2277.

The **Legal Resources for the Elderly Program** publishes a “Senior Legal Handbook”, available in English and Spanish, that provides comprehensive New Mexico information regarding legal considerations and resources that affect planning for the future. Call 1-800-876-6657, or download at:

http://www.nmbar.org/Nmstatebar/For_Public/LREP/LREP.aspx?WebsiteKey=687d8cd9-4ff9-4f83-a12f-6657211dab17&hkey=d1331476-a760-4233-a324-0bc7e5626c7e&New_ContentCollectionOrganizerCommon=2#New_ContentCollectionOrganizerCommon

The **New Mexico Aging and Long-Term Services Department** “Person-Centered Planning Tool” can be used to assess your current or future needs, or those of your loved one. Call 1-800-432-2080 or TTY: 505-476-4937, or visit

http://www.nmaging.state.nm.us/uploads/files/ADRC%20Planning_Tool.pdf

The **National Institute on Aging** publication “Getting Your Affairs in Order” is available in English and Spanish. Call 1-800-222-2225, or visit

<https://order.nia.nih.gov/publication/getting-your-affairs-in-order>

The **National Council on Aging** has several tools and resources to assist caregivers in planning for, and identifying, useful resources, including:

- **Benefits Check-up:** a comprehensive online tool to use in screening for thousands of public and private programs including Medicaid expansion, property tax relief, and more; www.benefitscheckup.org/
- **Economic Check-up:** tips and resources to manage a budget, save money, find work, and set financial goals; www.benefitscheckup.org/esi-home/
- **My Medicare Matters:** information and tools to use in exploring coverage options and how they work together with a Medicare Map; www.mymedicarematters.org/

The **Family Caregiver Alliance** maintains a comprehensive collection of family friendly information on caregiver issues and health related topics. Call 1-800-445-8106, or visit www.caregiver.org/resources-health-issue-or-condition

The **US Department of Health and Human Services** has a long-term care *Pathfinder* web site with basic information and planning tools at www.longtermcare.gov.

The **Women's Institute for a Secure Retirement (WISER)** has resources and information for caregivers on planning for retirement and managing finances. Visit <http://www.wiserwomen.org> or call 202-393-5452.

Finding Support

Reach out and secure the support and assistance of family members, friends, community or faith-based organizations.

The **Aging and Disability Resource Center** can connect you to community and faith-based organizations. Call 1-800-432-2080 or TTY: 505-476-4937 or visit <http://www.nmaging.state.nm.us/adrc.aspx>.

The **Fisher Center for Alzheimer's Research Foundation** provides a publication titled "How to Assemble a Caregiving Team", by Winnie Yu. Visit www.alzinfo.org/articles/assemble-caregiving-team/

Lotsa Helping Hands is a simple, secure website to communicate and organize caregiving tasks and activities with your community of support. Visit <http://lotsahelpinghands.com/>

AARP tips for creating a caregiving team. Visit <http://www.aarp.org/relationships/caregiving-resource-center/info-12-2011/set-up-caregiving-team.html> or call toll-free, 1-888-687-2277.

New Mexico Services

In New Mexico, caregiver support services and resources are provided by both governmental and private organizations. The NM Aging and Long-Term Services Department, through New Mexico area agencies on aging (AAAs) and their network of providers, funds a variety of programs and services. Other organizations, not funded through AAAs, also provide services and supports that can be helpful to caregivers.

Services that may be helpful include:

- Information and Assistance
- Counseling/Support Groups/Training
- Respite Care
- Homemaking
- Nutrition Counseling
- Home-Delivered Meals
- Transportation
- Grandparents Raising Grandchildren and Kinship Caregiver Programs
- Legal Services
- Home and Community-Based Services
- Health Promotion
- Senior Companion Programs
- Senior Employment Programs
- Adult Protective Services
- Prescription Drug Assistance

Call the **NM Aging and Disability Resource Center** at 1-800-432-2080 or TTY: 505-476-4937 or visit <http://www.nmaging.state.nm.us/adrc.aspx>

Or contact your local AAA for information available in your community:

- **City of Albuquerque/Bernalillo County AAA:** Serves Bernalillo County; call 505-764-6400, or visit www.cabq.gov/seniors/
- **Non-Metro AAA:** Serves all NM Counties, except Bernalillo; call 1-866-699-4927, or visit: www.nonmetroaaa.com/
- **Navajo AAA:** Serves the Navajo Nation; call 928-729-4520, or visit www.naaa.navajonnsn.gov/
- **Indian AAA:** Serves New Mexico's 19 Pueblos and 2 Apache Nations; call 505-383-3900 or, toll-free, 1-866-842-9230, or visit www.nmaging.state.nm.us/aaa.aspx

Dementia Specific Information, Resources and Training

The Alzheimer's Association, New Mexico Chapter, provides information, support and services to New Mexicans with Alzheimer's disease or dementia, their families and caregivers. Some of the available resources include a 24/7 helpline, care consultation, caregiver education & training, support groups and respite reimbursement. Call the 24/7 toll-free helpline at 1-800-272-3900 or 505-266-4473, or visit www.alz.org/newmexico/

Savvy Caregiver is an evidence-based training program for families and caregivers of those with Alzheimer's disease or related dementias. The program, which has been demonstrated to increase caregiver knowledge, skill and confidence, while reducing caregiver stress, includes seven, 2-hour weekly classes, meeting for 7 weeks. Respite reimbursement funds may be available.

Cuidando con Respeto is a Spanish cultural and linguistic translation of the Savvy Caregiver curriculum. It is offered in the northeastern and southwestern parts of New Mexico. The program includes two days of training, using a *telenovela* (soap opera) format.

To find a Savvy Caregiver or Cuidando con Respeto course in your area, call the Alzheimer's Association at 505-266-4473 or 1-800-272-3900; or the NM Aging and Disability Resource Center at 1-800-432-2080 or TTY: 505-476-4937.

National Institute on Aging Alzheimer's Disease Education & Referral Center:
Visit <https://www.nia.nih.gov/health/alzheimers> or call 1-800-438-4380.

US Health and Human Services Resource for Alzheimer's Disease Information:
Visit <https://alzheimers.acl.gov/>

Long Distance Caregiving

Nearly one-quarter of people caring for elderly relatives do so from a distance. Taking care of concerns, such as safety, nutrition, and health, can be difficult when you live in another city, state or country. The following resources assist with organizing and coordinating care from a distance.

National Institute on Aging: Get started with long-distance caregiving at <https://www.nia.nih.gov/health/getting-started-long-distance-caregiving> or order “So Far Away: Twenty Questions and Answers about Long-Distance Caregiving” <https://order.nia.nih.gov/publication/long-distance-caregiving-twenty-questions-and-answers> or call 1-800-222-2225 or TTY: 1-800-222-4225.

The Alzheimer’s Association: “Long-Distance Caregiving” tips and resources, at www.alz.org/care/alzheimers-dementia-long-distance-caregiving.asp, or call 1-800-272-3900 or 505-266-4473.

AARP: Help for long-distance caregivers at <http://www.aarp.org/home-family/caregiving/care-guides/long-distance-caregiving/#> or call toll-free 1-888-687-2277.

Family Caregiver Alliance: Visit www.caregiver.org/handbook-long-distance-caregivers, or call 1-800-445-8106.

Resources for Veterans and Their Families

Are you a veteran or caring for a veteran? Resources for veterans, their families and caregivers can be obtained from the following:

US Department of Veterans Affairs, VA Caregiver Support: Get started with a Caregivers Toolbox, and find out more about VA caregiver benefits and services such as respite care. Visit www.caregiver.va.gov, or call the VA Caregiver support line at 1-855-260-3274.

US Department of Veterans Affairs, Albuquerque Regional Office: Visit www.benefits.va.gov/albuquerque/, or call 1-800-827-1000.

New Mexico Department of Veterans' Services: *The New Mexico Department of Veterans' Services* Network of Care for Service Members, Veterans & Their Families is a one-stop-shop for virtually all services, information, support, advocacy, and much more. This public service is an attempt to bring together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the *New Mexico National Guard*, employers, service providers, and the community at large. Visit <http://newmexico.networkofcare.org/veterans/>, or call 1-866-433-8387.

Grandparents Raising Grandchildren or Kinship Care

“The Second Time Around” is often used to describe the journey of “grandparents raising grandchildren”, or other older relatives raising children. The journey can be joyful and enriching for both parties but many legal, financial, and social challenges are associated with this responsibility. The following local and national resources are available to assist you in this journey:

The **NM Aging & Disability Resource Center** provides information on resources and services in your community. Call 1-800-432-2080 or TTY 505-476-4937, or visit <http://www.nmaging.state.nm.us/adrc.aspx>.

AARP: Grandfamilies Guide at www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html Call toll-free, 1-888-687-2277.

City of Santa Fe Division of Senior Services Grandparents Raising Grandchildren Program serves adults age 60 or older who live in the city/county of Santa Fe, and show proof of actively raising/providing financial assistance for their grandchild/grandchildren. Offers some financial assistance; call 505-955-4761.

Las Cumbres Community Services Grandparents Raising Grandchildren Program serves Española and Santa Fe Counties only, and offers information on resources, monthly support groups, educational opportunities, publications, discussion blogs, and a yearly conference; visit <http://grglccs.com/>, or call 505-753-4123.

Law Access New Mexico provides no-cost telephone legal services, statewide, to New Mexicans with low incomes. It offers legal advice, brief service and referrals for extended legal representation. It can assist grandparents raising grandchildren, or other kinship caregivers, to obtain kinship-guardianship, or refer cases to Pegasus Legal Services for Children, or Advocacy, Inc. Call the Guardianship Helpline at 505-217-1660 or, toll-free, at 1-800-980-1165 (se habla Español), or visit www.lawaccess.org/

The **NM Human Services Department/Income Support Division (ISD)** offers emergency food assistance, Supplemental Nutrition Assistance Program, Temporary Assistance for Needy Families, Low Income Energy Assistance, and health coverage (Medicaid). Call the ISD Customer Service Center at 1-800-283-4465 to obtain the telephone number for your local ISD office. www.hsd.nm.us

Pegasus Legal Services for Children provides civil legal services to New Mexico's vulnerable children and youth. Pegasus can assist grandparents raising grandchildren, or other kinship caregivers, statewide, in obtaining kinship-guardianship; call 505-244-1101 or visit www.pegasuslaw.org

American Bar Association/Center on Children and the Law/Grandfamilies.org provides information on laws & legislation affecting grandfamilies, legal, educational & financial resources, and publications for grandfamilies; visit www.grandfamilies.org

Choosing Residential Care

When it is no longer safe or practical for a loved one to be cared for at home, it may be necessary to consider a residential facility such as an assisted living residence or a nursing home. There are many factors to consider when making the decision, including the type of care that your loved one may need.

The **Family Caregiver Alliance** provides information about types of residential care. Visit www.caregiver.org/residential-care-options, or call 1-800-445-8106.

The **Alzheimer's Association, New Mexico Chapter**, provides information, support and services to New Mexicans with Alzheimer's disease or dementia, their families and caregivers. Learn more about choosing residential care at www.alz.org/care/alzheimers-dementia-residential-facilities.asp, or call the NM Chapter office at 505-266-4473, or the 24/7 toll-free helpline at 1-800-272-3900.

The **New Mexico Health Care Association** provides information and resources to help make decisions regarding long-term care for a loved one. Call 505-880-1088, or visit www.nmhca.org/

The **NM Department of Health, Division of Health Improvement**, provides compliance oversight of nursing and residential care facilities. Visit <https://nmhealth.org/about/dhi/>

Long-Term Care Ombudsman Program

The NM Long-Term Care Ombudsman Program advocates for the civil and human rights of residents living in long-term care facilities in New Mexico. Ombudsmen can help with the following:

- Abuse, neglect or exploitation
- Food complaints
- Lost laundry/personal items
- Medication errors
- Medicaid and Medicare benefits and charges
- Discharge/room changes
- Lack of activities
- Long-term care resources
- Call bells not being answered
- Resident rights
- Billing and medical records
- Care planning
- Environment conditions and safety
- Legal decision making
- Person-centered care

Learn more online at www.nmaging.state.nm.us/Long_Term_Ombudsman.aspx, or call an Ombudsman in your area. Services are free, confidential, and provided statewide; call toll-free:

- 1-866-451-2901 for Santa Fe and Northeastern New Mexico
- 1-866-842-9230 for Albuquerque and Northwestern New Mexico
- 1-800-762-8690 for Las Cruces and Southern New Mexico

Adult Protective Services

If you suspect that a vulnerable adult is being abused, neglected, or exploited, call Adult Protective Services Statewide Intake, toll free, at 1-866-654-3219, or at 505-476-4912. There is someone available 24/7 to assist you in making emergent reports of adult abuse, neglect, and exploitation.

Adult Protective Services is mandated by New Mexico law to provide a system of protective services to persons over the age of 18 who are unable to protect themselves from abuse, neglect, or exploitation. New Mexico has a “Duty to Report” provision in its Adult Protective Services Act (27-7-30) which states: “Any person, or financial institution, having reasonable cause to believe that an incapacitated adult is being abused, neglected or exploited shall immediately report that information to Adult Protective Services.”

Investigations and support services are conducted through a network of regions and field offices that cover all New Mexico counties.

The five Adult Protective Services Regions serving all 33 New Mexico counties are:

- **Northeast:** Serving Santa Fe, Los Alamos, Rio Arriba, Taos, Colfax, Union, Mora, Harding, San Miguel, and Guadalupe counties.
- **Northwest:** Serving San Juan, McKinley, Cibola, Valencia, and Socorro counties, in addition to part of Sandoval County.
- **Metro:** Serving Bernalillo, Tarrant, and Sandoval counties.
- **Southeast:** Serving Lincoln, De Baca, Quay, Curry, Roosevelt, Chaves, Eddy, and Lea counties.

Website www.nmaging.state.nm.us/Adult_ProtectiveServices.aspx

Caregiving and Work

Many people find themselves juggling work and caregiving. This can cause increased stress as caregivers meet the demands of work while trying to meet the needs of their loved ones. Employers are beginning to recognize this as a workplace issue and some may offer support.

The federal **Family Medical Leave Act** requires employers with 50 or more employees to offer up to 12 weeks a year of unpaid leave (26 weeks when caring for an active service member), while protecting employees' jobs and health insurance benefits; visit <https://www.dol.gov/whd/fmla/employeeguide.htm>

Other types of benefits may include flexible work hours, telecommuting, job sharing, counseling, employee assistance programs, brown-bag educational presentations and support groups.

Contact the following for more information:

Family Caregiver Alliance: visit <https://www.caregiver.org/work-and-eldercare> or call 1-800-445-8106.

AARP: Tips for Working Caregivers: visit www.aarp.org/relationships/caregiving-resource-center/info-08-2010/pc-balancing-work-and-caregiving.html, Call toll-free, 1-888-687-2277.

Self-Care

One day you might realize that you are caring more for someone else than you are for yourself.

Family Caregiver Alliance: online, printable guide, “Taking Care of YOU – Self-Care for Family Caregivers” at www.caregiver.org/taking-care-you-self-care-family-caregivers, or call 1-800-445-8106.

The **AARP Caregiving Resource Center:** provides a host of information with tools and tips for caregivers including managing stress, the importance of staying connected with family and friends, juggling work and caregiving, and making time for your own needs. Visit <http://www.aarp.org/home-family/caregiving/care-for-yourself/?intcmp=AE-HF-CRC-TERTNAV-YOU> or call toll-free, 1-888-687-2277.

The **Alzheimer’s Association, New Mexico Chapter,** provides support groups for caregivers of persons with Alzheimer’s disease and related dementias. Call the 24/7 toll-free helpline at 1-800-272-3900 or 505-266-4473, or visit www.alz.org/newmexico/

Alzheimer’s Association Caregiver Center: Visit <http://www.alz.org/care/>

The **American Heart Association** provides a support network for caregivers http://www.heart.org/HEARTORG/Support/Support_UCM_001103_SubHomePage.jsp or call 1-800-242-8721.

Go4life is an exercise and physical activity campaign from the National Institute on Aging, designed to help you fit exercise and physical activity into your daily life; visit <https://go4life.nia.nih.gov/>

Health Promotion and Healthy Aging Program: can assist caregivers in maintaining their health and reducing stress. Call the Aging and Disability Resource Center at 1-800-432-2080, or visit www.nmaging.state.nm.us/healthy-aging-and-prevention.aspx

What is Respite Care?

Respite care is a term used to describe a variety of services that offer caregivers “time off” from caregiving responsibilities, giving them needed breaks to rest and renew their energies, pursue interests, schedule medical and other appointments for themselves, or take care of other responsibilities. Not all respite is the same. Become familiar with what’s available in your area and what you need for your particular situation. Put a plan in place and start using respite before there is a crisis or an emergency.

Five Most Common Types of Respite Care

In-Home Respite: The individual receiving care is able stay in her/his own home. Depending upon care needs, you can choose from a variety of services such as personal care, homemaking, skilled care, and companion services.

Adult Day Care: Offers services in a community-based setting and may provide meals and transportation. Your loved one will have an opportunity to socialize and participate in a variety of activities in a safe environment.

Informal Support: Includes other family members, friends, neighbors, members of religious congregations, and volunteers who offer to help with caregiving. You can work with these individuals to put together a schedule of times when they are available to care for your loved one and provide respite for you.

Facility-Based Respite: Group homes, nursing facilities and other specialized facilities may provide emergency and planned respite care, including overnight and extended stays of a few days or even a few weeks. This type of respite care can support an extended absence of the primary caregiver to visit family out-of-state, take a vacation or attend to medical needs that may require hospitalization or an extended period of recovery.

Emergency Respite: If you are unexpectedly unable to care for your loved one, emergency respite care can help. Conduct research on local resources, including residential care and family, friends and neighbors who are willing to help, and put a plan in place for emergency situations that may occur.

How do I pay for respite care?

Most respite care is paid for privately. Costs for respite care vary according to the type of provider and the services needed. Private health insurance and Medicare generally do not cover respite care, but some financial assistance may be available through Medicaid, community providers, managed care organizations, governmental programs or long-term care insurance. Eligibility, applications, waiting lists, and benefits differ according to funding source.

The **Alzheimer's Association, New Mexico Chapter**, offers a respite voucher program that provides up to \$300 per year, per person, to caregivers of those with dementia to use in paying a respite provider. It also offers a one-time, \$1,000 emergency respite voucher program. Contact the Alzheimer's Association, New Mexico Chapter, at 505-266-4473 or 1-800-272-3900.

The **US Veterans Administration (VA)** provides services specifically for caregivers, including respite care. Contact the VA Caregiver Support Line, toll-free, at 1-855-260-3274 or visit www.caregiver.va.gov

The **NM Aging and Disability Resource Center** can provide information on respite care services, call toll-free at 1-800-432-2080 or TTY: 505-476-4937, or visit <http://www.nmaging.state.nm.us/adrc.aspx>

New Mexico's Area Agencies on Aging may fund respite care providers or support programs in your area. For assistance and more information about respite care contact:

- **Albuquerque/Bernalillo County Area Agency on Aging** - *Serves Bernalillo County*; 505-764-6400, or visit www.cabq.gov/seniors
- **Non-Metro Area Agency on Aging** - *Serves all New Mexico counties, except Bernalillo*; 866-699-4927, or <https://www.nonmetroaaa.com/>
- **Navajo Area Agency on Aging** - *Serves the Navajo Nation*; 928-729-4522, or visit www.naaa.navajo-nsn.gov
- **Indian Area Agency on Aging** - *Serves New Mexico's 19 Pueblos and 2 Apache Nations*; 505-383-3900 or, toll-free, 1-866-842-9230, or visit www.nmaging.state.nm.us/aaa.aspx

The **Alzheimer's Association** Caregiver Center has information to assist caregivers in the basics of respite care. Visit <http://www.alz.org/care/alzheimers-dementia-caregiver-respite.asp> or call 1-800-272-3900.

The **National Respite Network and Resource Center (ARCH)** help families locate respite and crisis care services in their communities; visit: <https://archrespite.org/consumer-information>

Other New Mexico Resources

NM County Cooperative Extension Service Offices provide practical, research-based knowledge and programs to New Mexico citizens in every county in the state. Major areas of focus include: Diabetes, Disaster Preparedness, Family Health & Wellness, Family Life & Child Development, Family Resource Management, Food & Nutrition, and Food Technology. To locate your county office and contact information, visit www.aces.nmsu.edu/county/, or call 575-646-3015.

New Mexico's Health Insurance Exchange (NMHIX) is the marketplace to shop, compare and buy health insurance. For more information call, toll-free, 1-855-996-6449 or visit www.bewellnm.com/

The **NM Human Services Department** provides:

- Medicaid and Children's Health Insurance Program
- Supplemental Nutrition Assistance Program (SNAP)
- SNAP Education Program
- Temporary Assistance for Needy Families
- The Emergency Food Assistance Program
- School Commodity Foods Program
- Meals for the Homeless
- General Assistance (for individuals with disabilities and low incomes)
- Community Services Block Grant
- Refugee Resettlement Program
- Low-Income Home Energy Assistance Program
- Child Support Establishment and Enforcement
- Behavioral Health Services (for mental illness, substance abuse and compulsive gambling)

Learn more, or apply for assistance, at www.hsd.state.nm.us/Default.aspx or call for more information:

- Medical Assistance Division – Customer Service, toll-free 1-888-997-2583
- Income Support – Customer Service Center 1-800-283-4465
- Low-Income Home Energy Assistance Program – 1-800-283-4465
- Behavioral Health Services Division – 505-476-9266

New Mexico Crisis and Access Line Services are available to help New Mexico residents with any behavioral health crisis.

Services include:

- Crisis intervention for suicidal and homicidal thoughts
- Assistance with non-life-threatening mental health emergencies
- Trauma response
- Assistance with finding treatment resources
- Assistance for those who have family members or loved ones who are experiencing a mental health crisis.

Call, toll free, 24/7, 1-855-662-7474, or visit www.nmcrisisline.com/. For life threatening emergencies, dial 911 immediately.

Cancer Services of New Mexico provides services to reduce cancer suffering for New Mexico's families. Services include:

- Family Cancer Retreats
- Legal, Insurance, and Paperwork Assistance (LIPA) Program (www.NMCancerHelp.org)
- Family Cancer Resource Bags
- Caregiver Support Program
- NM Cancer Services Survey

Call 505-259-9583 or visit www.CancerServicesNM.org.

National Resources

- **Alzheimer's Disease Education and Referral Center** 1-800-438-4380
<https://www.nia.nih.gov/health/alzheimers>
- **American Red Cross** www.redcross.org/ 1-800-733-2767
- **Caring Connections** www.caringinfo.org 1-800-658-8898
- **My Medicare Matters** www.mymedicarematters.org/
- **National Alliance for Caregiving** www.caregiving.org/ 301-718-8444
- **Caregiver Action Network** www.caregiveraction.org/ 202-454-3970
- **National Cancer Institute** www.cancer.gov/ 1-800-422-6237
- **National Hispanic Council on Aging** www.nhcoa.org/ 202-347-9733
- **National Hospice and Palliative Care** www.nhpco.org/ 703-837-1500
- **National Indian Council on Aging** www.nicoa.org/ 505-292-2001
- **National Resource Center on LGBT Aging** www.lgbtagingcenter.org 212-741-2247
- **Social Security** www.socialsecurity.gov 1-800-772-1213 TTY: 1-800-325-0778