

Tacoma, WA - Monday, April 6, 2009

< [Back to Regular Story Page](#)

## Caregivers can get good advice online

### THE NEWS TRIBUNE

Last updated: March 1st, 2009 11:43 PM (PST)

**Dear Savvy Senior:** I rely on the Internet for many things but what Web sites do you recommend to those caring for an aging parent? – **Seeking Information**

**Dear Seeking:** There's no shortage of free online resources when it comes to caregivers seeking advice. The question is, which Web sites provide the most practical and comprehensive information and are easy to navigate.

### TOP CAREGIVING SITES

With approximately 52 million Americans serving as caregivers today, the need for fast, useful information has never been higher. While there are dozens of sites that offer good caregiving information, here are a few I've found to be particularly helpful.

**Agis.com:** Short for Assist Guide Information Services, this is a fabulous Web resource for caregivers. At [www.agis.com](http://www.agis.com), you can get information on topics such as home care, daily living aids, long-term care solutions, support services, legal and financial help and more. It also lets you ask questions, links you to other caregivers for support and information, and offers a variety of checklists that suggest tips on what to do as a caregiver and how to do it.

**Caring.com:** Relatively new on the scene, [www.caring.com](http://www.caring.com) is another wonderful site that offers tons of practical information, articles, caregiving to-do lists, links to local resources and much more.

**The Family Caregiver Alliance:** This is the oldest and perhaps most respected organization that's helped serve the needs of caregivers. They also have a dandy Web site ([www.caregiver.org](http://www.caregiver.org)) that offers a Family Care Navigator map which lists a broad range of caregiving services in each state.

**Family Caregiving 101:** Created by the National Family Caregivers Association and the National Alliance for Caregiving [www.familycaregiving101.org](http://www.familycaregiving101.org) is a great site for finding assistance, answers, new ideas and helpful advice for you and the person you're caring for.

**AARP:** At [www.aarp.org/family/caregiving](http://www.aarp.org/family/caregiving), you can find tips and worksheets and on a wide range of issues including long-distance caregiving, as well as access to their Caregiving Tool Kit.

**Strength for Caring:** Sponsored by Johnson & Johnson, this site ([www.strengthforcaring.com](http://www.strengthforcaring.com)) provides tip sheets on fitness and nutrition for caregivers, balancing work and family, respite care, reducing stress, caring for specific conditions and home safety.

### MEDICARE HELP

To help with your caregiving/Medicare questions, the Centers for Medicare & Medicaid Services recently created a new Web site called Ask Medicare. At [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers), you can find out what Medicare and Medicaid will cover, search for and compare home care and long-term care options and much more.

### CANCER CARE

If you're caring for a cancer patient, a top Web site is [www.cancer.org](http://www.cancer.org), which provides cancer support services including counseling and education, as well as where to find financial assistance and get practical help. You can also call 1-800-813-4673 and get help over the phone.

Send your senior questions to: Savvy Senior, PO Box 5443, Norman, OK 73070, or visit [www.savvysenior.org](http://www.savvysenior.org). Jim Miller is a contributor to the NBC "Today" show and author of "The Savvy Senior" book.

Originally published: March 1st, 2009 11:43 PM (PST)



[Privacy Policy](#) | [User Agreement](#) | [Advertising Partners](#) | [Contact Us](#) | [About Us](#) | [Site Map](#) | [Jobs](#) | [RSS](#)

1950 South State Street, Tacoma, Washington 98405 253-597-8742

© [Copyright 2009 Tacoma News, Inc.](#) A subsidiary of The McClatchy Company ▲