



Put Your Oxygen Mask on First

We have all heard the saying whether it be from a flight attendant or as a metaphor. *"You have to put your oxygen mask on first, before helping others. If you run out of oxygen, you can't help anyone else with their oxygen mask."* This is an important metaphor for all of us that run around taking care of everything and everyone else except ourselves.

Below are some resources for Caregivers:

Caregiver Action Network info@caregiveraction.org **Phone:** (202) 454-3970

<http://caregiveraction.org/> Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. CAN (the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

ARCH National Respite Network and Resource Center

<http://archrespite.org/> Publications, webinars, guidebooks, fact sheets and start up manuals can be accessed through the ARCH website. For family caregivers and other consumers, the ARCH website includes information on how to find, evaluate and pay for respite services through the respite locator service.

Family Caregiver Alliance **Phone:** 800.445.8106

<https://caregiver.org/> Family Caregiver Alliance is a voice for Caregivers. Our pioneering programs -- information, education, services, research and advocacy -- support and sustain the important work of families nation wide caring for loved ones with chronic, disabling health conditions (including Alzheimer's, Parkinson's, stroke, ALS and Traumatic Brain Injury.)

Well Spouse Association

<http://www.wellspouse.org/> We are a peer-to-peer support network for spousal caregivers.

Leeza's Place **Email:** info@leezascareconnection.org **Phone:** 1-888-655-3392

<http://www.leezascareconnection.org/> 'A Place for Family Caregivers'; a community gathering place and resource center committed to providing free programs to educate, empower and energize family caregivers taking care of a loved one with a memory disorder or chronic illness.

American Association of Caregiving Youth Connie Siskowski, RN, PhD -- Director info@aacym.org

<http://aacym.org/> A national resource for the support of children and teens who provide care for family members who are ill, injured, elderly or disabled. It is also a site for parents, professionals and the public to gain information to support these otherwise hidden providers of the health care system so that caregiving youth can complete their education, be healthy and become tomorrow's productive adults.

Caregiver's Survival Network

<http://www.caregivers.com/caregiver-wellness/caregiver-survival-network/> We're an online community dedicated exclusively to the welfare of caregivers of any and all physical or mental debility. We offer a robust venue for caregivers to share experiences, find critical resources, minimize and cope with stress, and effectively combat the isolation and exhaustion of providing chronic care through a personal network of peers who are always available.

Caregivers Monday

<http://www.mondaycampaigns.org/campaigns/caregiver-monday/> Caregivers' Monday, an initiative of the nonprofit Monday Campaigns, aims to remind caregivers that least on Mondays, they should take some time out for themselves.

Careliving Community

<http://careliving.stroke.org/> Careliving Community is an online network for caregivers of stroke survivors to connect, share stories, discuss issues and support one another. Topics range from self-care and "me" time to caregiver depression and anger.

Caring.com Phone: (800) 973-1540

<https://www.caring.com/> Caring.com helps individuals find local eldercare resources, make better decisions, save time and money, and feel less alone -- and less stressed -- while caring for aging parents, spouses and other loved ones.

Elder Decisions®, a division of Agreement Resources, LLC

info@elderdecisions.com or Phone: (866) 736-9008

<http://www.elderdecisions.com/> Elder Decisions® is a national leader in helping families resolve disputes around caregiving, living situations, trusts and estates. We provide: Mediation for families; Conflict Coaching for individuals and groups; and Training for mediators and eldercare professionals. Our partners recently published "Mom Always Liked You Best: A guide for resolving family feuds, inheritance battles & eldercare crises."

GiveForward

<http://www.giveforward.com/> GiveForward provides personalized fundraising pages and coaching that empower friends and family to answer the question "What can I do to help?" when a loved one is in need.

Sally Abrahms' AARP Caregiving Blog

<http://blog.aarp.org/author/aarpsally/> Sally Abrahms is a long-time contributor to AARP with both a personal and professional interest in caregiving. She covers aging and boomers and has written for TIME, Newsweek, The New York Times, and the Huffington Post, among others.

The Caregiver Space

<http://www.thecaregiverspace.org/> At The Caregiver Space, you'll find a community who understands, a safe space to share, comfort and relief. Sharing honestly with other caregivers helps us let go of guilt, stress, anger and fear. Here, we are a community that knows just what you mean.