

Caregiving may be one of the most important – and challenging – roles you’ll ever take on in your life. No matter where you are in your caregiving journey – starting to plan; taking care of a family member in your home, in a facility, or from a distance; or managing end-of-life caregiving responsibilities – having resources at your fingertips will make the process easier.

AARP offers a wealth of free resources to support family caregivers along their journey. A great starting point to help you find the services and supports is AARP’s Caregiving Resource Center at www.aarp.org/caregiving, where families can access information, content and tools that can be helpful no matter where you are on the continuum of caregiving.

GENERAL RESOURCES

Supporting Family Caregivers in Your State

AARP has a website dedicated to providing you with information about how we’re advocating for caregivers in your state.

www.aarp.org/StateCaregiving

FINANCIAL RESOURCES

AARP Benefits Quick Link

Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation’s Benefits QuickLINK tools.

www.aarp.org/quicklink

WORKPLACE/EMPLOYER RESOURCES

Supporting Caregivers in the Workplace

AARP offers valuable resources to help employers create a caregiver-friendly workplace.

www.aarp.org/employercaregiving

SPECIFIC AUDIENCE RESOURCES

AARP Caregiving Guides

AARP offers free caregiving guides for specific audiences, including a guide for military families and LGBTQ individuals. There are also guides offered in Spanish and Mandarin and are designed to help develop and implement a caregiving plan.

aarp.org/preparetocare

CARE FOR CAREGIVERS

Community Connections

AARP Community Connections is a new website that offers steps to find or give help. Organize online mutual aid groups to stay connected, share ideas, and help those in need.

aarpcommunityconnections.org