



Caregiver Resources

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Online Resources and Support Groups:

1. AARP Caregiving Resource Center: [AARP Caregiving](#)
2. Caregiver Action Network: [Caregiver Action Network](#)
3. Family Caregiver Alliance: [Family Caregiver Alliance](#)
4. National Alliance for Caregiving: [National Alliance for Caregiving](#)
5. National Alliance on Mental Illness: NAMI
6. The Caregiver Space: [The Caregiver Space](#)
7. Well Spouse Association: [Well Spouse Association](#)

Books:

1. "The Caregiver's Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself" by Carolyn A. Brent
2. "The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss" by Nancy L. Mace and Peter V. Rabins
3. "Chicken Soup for the Soul: Family Caregivers: 101 Stories of Love, Sacrifice, and Bonding" by Joan Lunden and Amy Newmark
4. "The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself" by Linda Abbit
5. "When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative" by Aaron Blight

Websites for Self-Care and Mental Health:

1. Headspace: [Headspace](#) - Meditation and mindfulness app.
2. Calm: [Calm](#) - Meditation, sleep, and relaxation app.
3. BetterHelp: [BetterHelp](#) - Online therapy platform.
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Helplines:

1. Suicide & Crisis Lifeline: Dial 988 for immediate assistance in mental health crises 988
2. National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264) or NAMI Helpline
3. Caregiver Action Network Caregiver Help Desk: 1-855-227-3640

Free Resources:

1. JoinJillian.com: Free Caregiver Affirmation Cards and additional caregiver resources.