

VFCSC - Resources

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Caregiver Tips

Articles:

[Activities of Daily Living: Tips for the Family Caregiver](#)

Abstract: These tips will help new family caregivers understand the importance of Activities of Daily Living (ADLs) in the lives of their care recipients.

[Caregiver's Checklist for Emergency Room Visits](#)

Abstract: Learn some caregiving tips to prepare for emergency room visits.

[Dementia: Tips for Daily Life](#)

Abstract: As the months and years of caregiving pass by, Alzheimer's caregivers can become exhausted and burnt out. If you're a caregiver, follow these tips to care for yourself.

[How to Hire In-Home Help](#)

Abstract: How do you go about finding appropriate in-home help, whether you are a family caregiver or a person needing assistance? Get all of the information that you need through this helpful article.

[Taking Care: A Resource Guide for Caregivers](#)

Abstract: Taking Care was created by the Virginia Caregiver Coalition (VCC). Every caregiving situation is unique. This comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Related Links:

- **AgingCare.com - New to Caregiving:** www.agingcare.com/topics/36/new-to-caregiving Learn the basics for your journey as a caregiver.
- **Family Caregiver Alliance, National Center on Caregiving:** [Safe at Home - A Caregiver's Guide](#) This educational video offers caregivers of those with dementia simple, inexpensive options to make specific areas of the home (kitchen, bathroom, bedroom and more) safer.
- **Family Caregiver Alliance, National Center on Caregiving:** www.caregiver.org This website provides information, education, services, research and advocacy for caregivers.
- **VA Caregiver Support:** www.caregiver.va.gov This resource has been developed to provide key educational resources, tools, and training for Caregivers of Veterans.
- **Well Spouse Association:** www.wellspouse.org This website is a peer-to-peer support organization for spousal caregivers of spouses/partners with long-term illnesses.

Useful Tools, Gadgets and Home Modification

Assistive Technology

Articles:

[Assistive Technology](#)

Abstract: This is a detailed overview of assistive technology from the Virginia Assistive Technology System (VATS).

[Augmentative and Alternative Communication](#)

Abstract: There are instances in which someone cannot communicate using his or her voice. Learn about alternative ways to communicate and resources available to find devices.

[FAQ's about Virginia Relay Service](#)

Abstract: The Virginia Relay Service is an important tool for those who are deaf, hard of hearing, blind, or vision impaired. It relays conversations between people who use text telephones or telebraille and people who use standard phones. Discover more about this vital service through this informative article.

[Reaching and Mobility Aids for Independent Living](#)

Abstract: This article describes reaching and mobility aids that help people with mobility problems live independently.

Related Links:

- **FREE: Foundation for Rehabilitation, Equipment & Endowment:** www.free-foundation.org F.R.E.E. collects, sanitizes, repairs and gifts donated mobility equipment to uninsured and underinsured adults in Virginia.
- **Virginia Assistive Technology System (VATS):** www.vats.org The mission of the Virginia Assistive Technology System (VATS) is to ensure that Virginians of all ages and abilities can acquire the appropriate, affordable assistive and information technologies and services they need to participate in society as active citizens.
- **Virginia Assistive Technology System - Virginia Reuse Network (VRN):** www.vats.org/atrecycling.htm VRN serves persons who are uninsured, underinsured, or lack resources to purchase appropriate rehab equipment on their own. Each program has financial and medical eligibility requirements and inventory is limited to donations made by the community.

Technology and Apps for Caregivers

⇒ Explore our [Caregiver Tech Tool Finder](#) for useful apps and tech tools for caregivers!

Related Links:

- **ALZconnected:** www.alzconnected.org On-line community to share concerns and receive information from the Alzheimer's Association.
- **American Red Cross Apps:** www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html provides first aid and preparedness information and resources.
- **Assistive Technology Loan Fund Authority:** www.atlfa.org/loan-applications-forms The Assistive Technology Loan Fund Authority offers low-interest loans to eligible Virginians with disabilities to acquire assistive technology.

- **MedMinder:** [This app](#) is an easy, free full-featured pill and medicine scheduler and medication reminder app for Android phones.
- **Meditation Oasis' Take A Break - Guided Meditations for Stress Relief:** [This site](#) has Apps for guided meditations, music, and instruction.
- **Microsoft Accessibility:** www.microsoft.com/en-us/accessibility This site will explain how to use the many accessibility features that are built into Microsoft products.
- **Tablets and eReaders:** iPad, Samsung Galaxy, Google Nexus, Kindle Fire, or Nook. The devices' touchscreen interfaces, adjustable font size, and audio capacity make this ideal for both the caregiver and care recipient. Electronic books and audiobooks can be borrowed from your library if you have a library card.

Home Modification

Articles:

[A Caregiver's Guide to Creating a Safe Environment](#)

Abstract: This article provides the family caregiver room-by-room suggestions about improving home safety and home modification.

Related Links:

- **Virginia Department of Housing and Community Development:** www.dhcd.virginia.gov/lhtc The Virginia Livable Home Tax Credit (LHTC) program is designed to improve accessibility and universal visitability in Virginia's residential units by providing state tax credits for the purchase of new units or the retrofitting of existing housing units. Tax credits are available for up to \$5,000 for the purchase/construction of a new accessible residence and up to 50 percent for the cost of retrofitting existing units, not to exceed \$5,000.

Caregiver Fact Sheets

ARCH National Respite Network and Resource Center - Family Caregiver Fact Sheets

Alzheimer's/Dementia

[9 Steps to Respite Care for Family Caregivers of Persons with Dementia, including Alzheimer's Disease](#)

Abstract: Caregivers of family members with dementia including Alzheimer's disease (D/AD) may face special challenges. Respite services can provide a much needed break away from caregiving responsibilities and this fact sheet can help you find and use respite.

Intellectual/Developmental Disabilities

[9 Steps to Respite Care for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities](#)

Abstract: If you a parent or family member providing support to a child or adult with an intellectual or developmental disability, you may engage in multiple roles in supporting the independence and overall quality of life of your family member and sometimes that role includes being a caregiver. Respite services can provide a much needed break away from caregiving responsibilities and this fact sheet can help you find and use respite.

Grandfamilies

[9 Steps to Respite Care for Grandfamilies](#)

Abstract: If you are a grandparent or other relative caring for your grandchildren, nieces, nephews or other related children, you may be considered a "grandfamily." Respite services can provide a much needed break away from caregiving responsibilities and this fact sheet can help you find and use respite.

Military Caregivers

[9 Steps to Respite for Military Caregivers](#)

Abstract: Military caregivers may face special challenges due to the unique physical, emotional and behavioral conditions that may require specialized care. Respite services can provide a much needed break away from caregiving responsibilities and this fact sheet can help you find and use respite.

DARS Dementia Fact Sheets

Abstract: The Department for Aging and Rehabilitative Services (DARS) has developed these fact sheets for caregivers providing care to a loved one with dementia or a provider supporting caregivers. They provide quick and easy to follow information to assist caregivers in managing challenges associated with caregiving.

- [Getting Lost](#) *Spanish*
- [Hallucinations](#) *Spanish*
- [Keeping Home Safe](#) *Spanish*
- [Medications](#) *Spanish*
- [Repeating](#) *Spanish*
- [Sundowning](#) *Spanish*
- [Anger, Frustration & Fighting](#) *Spanish*
- [Bathing](#) *Spanish*
- [Driving](#) *Spanish*

Additional Dementia Fact Sheets and caregiving resources can be found at the Dementia Capable Virginia webpage at www.vda.virginia.gov/dementiacapableva

Last Reviewed

Friday, February 2, 2024