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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 Program:** 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.
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Useful Tools, Gadgets and Home Modifications

Assistive Technology

Articles:

[Assistive Technology](#)

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

[Augmentative and Alternative Communication](#)

Abstract: There are instances when someone cannot communicate using their voice. Learn about alternative ways to communicate and resources available to find devices.

[FAQs 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.

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

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

Related Links:

- **FREE: Foundation for Rehabilitation, Equipment and Endowment:** www.free-foundation.org F.R.E.E. collects, sanitizes, repairs, and gifts mobility equipment to uninsured and underinsured adults in Virginia.
- **Virginia Assistive Technology Systems (VATS):** www.vats.org The mission of VATS is to ensure that Virginians of all ages and abilities can acquire the appropriate affordable assistive 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 to help caregivers!

Related Links:

- **ALZconnected:** www.alzconnected.org On-line community to share 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 ATLFA offers loans to eligible Virginians with disabilities to acquire assistive technology.

- **Meditation Oasis' Take a Break - Guided Meditations for Stress:** www.meditationoasis.com/listen This site has Apps for guided meditation, music, and stress reduction.
- **Microsoft Accessibility:** www.microsoft.com/en-us/accessibility Find out 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 capacity make them ideal for both the caregiver and care recipient. Eligible books and audiobooks can be borrowed from your library.

Home Modification

Articles:

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

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

Related Links:

- **Virginia Department of Housing and Community Development:** www.dhcd.virginia.gov/lhtc The Virginia Livable Home 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 \$6,500 for the purchase/construction of a new accessible residence and up to 50 percent for the cost of retrofitting units, not to exceed \$6,500.

Caregiver Fact Sheets

ARCH Fact Sheets - Nine Steps to Respite for Family Caregivers

The ARCH National Respite Network and Resource Center provides [Fact Sheets for Family Caregivers](#). These fact sheets are a guide for getting the respite care you deserve. By reading the one most relevant to your caregiving situation, you will have

a better understanding of the resources that are available, what you can expect and how to select a high-quality service that best meets the needs of your family.

- [**Nine Steps to Respite for Grandfamilies**](#)
- [**Nine Steps to Respite Care for Military and Veteran Caregivers**](#)
- [**Nine Steps for Respite Care for Family Caregivers of Children and Adults with Intellectual/Developmental Disabilities \(I/DD\)**](#)
- [**Nine Steps to Respite Care for Family Caregivers of Persons with Dementia, Including Alzheimer's Disease**](#)

DARS Dementia Fact Sheets

Abstract: The **Department for Aging and Rehabilitative Services (DARS)** has developed 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.

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

To read additional dementia facts sheets and view other resources go to [Dementia Capable Virginia](#)

For more information and resources on dementia go to [DARS Dementia Services](#).

Last Reviewed

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