

Resources for Caregivers

Overview/Statistics

[Caregiving in the US 2025](#), released by AARP and the National Alliance for Caregiving

The report outlines key policy areas, such as financial support, workplace protections, and access to services, offering a roadmap to build a more supportive system for family caregivers, who form the backbone of long-term care in the US.

[Family Caregiving in an Aging America](#), Pew Research Center surveyed caregivers in September 2025 to learn about the experiences of those who are caring for an aging parent and those caring for an aging spouse/partner.

Resources

General

[ALA's Caregivers Toolkit](#)

The resources and links presented on this website are intended to be of use for both caregivers and those who supervise or work with someone who is a caregiver.

[CaringInfo](#)

This is a program of the National Alliance for Care at Home, provides free resources to educate and empower patients and caregivers to make decisions about serious illness and end-of-life care and services.

[Caregiver Stress](#), Office on Women's Health

MedlinePlus

- [Caregivers](#)
- [Caregiver Health](#)
- [Alzheimer's Caregivers](#)

Older Adult

[Caregiving Toolkit](#) from the National Institute on Aging has a variety of resources from health condition specific information, to worksheets, infographics, videos and articles such as [Taking Care of Yourself: Tips for Caregivers](#). Many resources are helpful to any caregiver.

[Alzheimer's Caregivers](#), MedlinePlus

[Tips for Caregivers and Families of People With Dementia](#), Alzheimers.gov

Cancer

[When Someone You Love is Being Treated](#), National Cancer Institute booklet

[Caring for the Caregiver](#), National Cancer Institute booklet

[Help for Cancer Caregivers](#), Caregiver Action Network

Veterans

[VA Caregiver Support Program](#), U.S. Department of Veterans Affairs

[Services and Supports for Veterans and Caregivers](#), U.S. Department of Veterans Affairs

[Military and Veteran Caregiver Network](#), American Red Cross

Mental Health

[Family Members and Caretakers](#), NAMI (National Alliance on Mental Health)

[Getting started: A guide for new mental health caregivers](#), Mental Health America

Disabilities

[The Arc](#), is the largest community-based organization in the U.S. advocating for and with people with intellectual and developmental disabilities (IDD) and their families.

[Caring for a Loved One with Intellectual & Developmental Disabilities \(I/DD\)](#), Caregiver Action Network

[Disability and Health Information for Family Caregivers](#), CDC

Library Programs and Services

[Memory Books](#), Bennington Free Library (Vermont)

[Community Fabric](#), Libraries partner with clubs to create "fidget quilts" for patrons with dementia

[Fidget Quilts Craft to Give Back](#), Meridian Library District (Idaho)

[Memory Cafe Directory](#), consider adding your library if it hosts this type of cafe

[NNLM Reading Club](#), books on health topics including caregiving

[Programming Librarian](#), search for Caregiver or Caregiving