

## **How to Find Community Resources for Family Caregivers**

Caring for a loved one at home is rewarding but also challenging. Fortunately, there are many local and national resources that can help you access support, education, and relief. Here's a guide to finding what you need.

---

### **Step-by-Step Guide to Finding Community Resources**

#### **1. Start with Your Local Area Agency on Aging (AAA)**

- Visit <https://eldercare.acl.gov> or call 1-800-677-1116
- Ask about respite care, transportation, home modifications, meal programs, and caregiver training

#### **2. Contact Disease-Specific Foundations**

- Alzheimer's Association ([alz.org](http://alz.org)) — 24/7 Helpline: 800-272-3900
- American Stroke Association, Brain Injury Association, MS Society, etc.
- These often offer support groups, grants, and care consultations

#### **3. Connect with Local Hospitals and Rehab Centers**

- Ask discharge planners and social workers about community partnerships
- Request printed resource packets or caregiver guides

#### **4. Reach Out to Faith-Based and Non-Profit Organizations**

- Many churches, synagogues, and mosques have caregiving ministries
- Look into United Way, Catholic Charities, Jewish Family Services, etc.

#### **5. Explore Your State or County Health and Human Services Website**

- Search for terms like: "caregiver support," "respite care," or "aging services"
- Services may include Medicaid waivers, transportation, or adult day programs

#### **6. Join Local or Online Support Groups**

- Facebook groups, Meetup, and local caregiver meetups
- Hospital-affiliated groups for caregivers of specific diagnoses

#### **7. Use Online Resource Hubs**

- AARP Caregiving Resource Center ([aarp.org/caregiving](http://aarp.org/caregiving))
- Family Caregiver Alliance ([caregiver.org](http://caregiver.org))
- National Alliance for Caregiving ([caregiving.org](http://caregiving.org))

## 8. Ask Your Local Pharmacist or Home Health Agency

- They often have resource brochures, business cards, and local service contacts

## 9. Talk to a Nurse Advocate or Case Manager

- They can help coordinate care and navigate complex systems
- May be available through hospitals, private companies, or care coalitions

---

## Maine-Specific Caregiver Resources

### Statewide Hotlines & Agencies

- 📞 **Maine Aging & Disability Resource Center (ADRC):** 1-877-353-3771
- 📞 **211 Maine (Free referral service):** Dial 211 or visit <https://211maine.org>
- 📞 **Maine Office of Aging and Disability Services (OADS):** 1-800-262-2232

### Area Agencies on Aging in Maine

- **Southern Maine Agency on Aging (SMAA):** <https://smaaa.org> | 207-396-6500
- **Eastern Area Agency on Aging (EAAA):** <https://eaaa.org> | 1-800-432-7812
- **Spectrum Generations (Central Maine):** <https://spectrumgenerations.org> | 1-800-639-1553
- **Aroostook Agency on Aging:** <https://aroostookaging.org> | 1-800-439-1789
- **Senior Planning Center (Free Medicare help):** <https://seniorplanningcenter.com>

### # Additional Maine-Based Services

- **Maine Hospice Council:** <https://mainehospicecouncil.org>
- **Maine Long-Term Care Ombudsman Program:** <https://mltcop.org> | 1-800-499-0229
- **Legal Services for the Elderly:** <https://mainelse.org> | 1-800-750-5353

---

### Pro Tips:

- 📁 Keep a caregiving binder to store all contacts and service info
- 📧 Sign up for newsletters from major caregiver orgs for free tools & webinars
- 🗣️ Don't be afraid to ask: many services go unused because people don't know they exist

---

### Final Thought:

Caregivers should not carry the weight alone. Resources are out there — and finding the right ones can lighten your load, improve your loved one's care, and protect your own health and peace of mind.

**You are doing enough. Let others help you do more.**