National Multiple Sclerosis Society

Carepartner Support Resources for People Affected by MS

National MS Society

Phone: 800-344-4867
Website: nationalmssociety.org/carepartners

One-on-One Peer Connections

Description: The MSFriends program connects you with volunteers affected by MS. Connect with a peer support volunteer who can provide tips, suggestions and emotional support via phone or email.
Website: nationalMSsociety.org/MSFriends

Care.com

Services: Referrals to care providers and a library of articles about care and caregiving.

- Care for Seniors: Search for home care, transportation, specialized care and mobility assistance.
- Care for Pets: Search for pet sitting, boarding, walking, grooming and training.
- Care for Your Home: Search for a housekeeper.

Description: Care.com's mission is to improve the lives of families and caregivers by connecting them in a reliable and easy way. Articles are available for free on the site, but the "find care" tool requires a paid membership. Monthly and annual subscriptions available. Browse for care, jobs, articles and more using the Care Directory.
Website: care.com

Caregiver Action Network

Services: Education, peer support and resources. Includes chat forums and e-newsletters.
Description: The Caregiver Action Network is a non-profit family caregiver organization that improves the quality of life for loved ones with chronic conditions. Visit the site to join CAN for free, view the Family Caregiver Toolbox, or view additional caregiver resources (by topic).
Phone: 855-227-3640
Website: caregiveraction.org

Caregiver.com / Today's Caregiver Magazine

Services: Information and support. Includes a magazine, resource articles, enewsletters, online forums and "Fearless Caregiver Conferences".
Description: Caregiver Media Group provides information, support and guidance for family and professional caregivers. Caregiver Media Group publishes *Today's Caregiver*, a national magazine dedicated to caregivers.
Phone: 800-829-2734
Website: caregiver.com

Caregiving.com

Services: Education, resource articles and tools. Includes a safety checklist to assess the home, a care binder to organize care needs, a caregiver salary calculator to understand the value of care work and educate elected officials on the programming and funding needed for caregiver support, and a free, online National Family Caregiver Summit.
Description: Caregiving.com is a digital care community created and run by caregivers. They provide practical caregiving tips, tools and access to aging resources.
Website: https://www.caregiving.com/

Caring.com

Services: Personal guidance with a Family Advisor, a Caregiving Resource Center, service directories and community.
Description: Caring.com has information on independent living, assisted living, memory care, in-home care, skilled nursing and other senior care services (as well as how to pay for these options). Expert Family Advisors provide referrals to meet families' needs, budgets and preferences. Browse their caregiver topics page for more information.
Phone: (800) 973-1540
Website: caring.com

CaringBridge

Services: Develop a free, personalized website to share health updates with your community. Includes articles on advice and inspiration.
Description: CaringBridge offers free, personalized websites for carepartners. By creating a CaringBridge website, you can let family and friends know how to best support you.
Phone: 651-789-2300
Website: caringbridge.org

Family Caregiver Alliance

Services: Assessment, care planning, direct care skills, wellness programs, respite services and legal/financial consultation vouchers.
Description: Family Caregiver Alliance assists caregivers and champions their cause. Family Caregiver Alliance offers CareNav™, a free, personalized dashboard to locate caregiving resources and support programs. The website includes caregiving FAQs, a resource directory, support groups, events and classes, the Connections e-newsletter and more.
Phone: 800-445-8106
Website: caregiver.org

Lotsa Helping Hands

Services: A support community for caregivers who need help organizing care for loved ones. You can create a care calendar, receive community support and share updates.
Description: Lotsa Helping Hands brings together caregivers and volunteers to organize life during times of medical crisis or caregiver exhaustion. Caregivers enjoy the gifts of help, emotional support and peace of mind.
Website: lotsahelpinghands.com

MSWorld

Services: A chat and message board site. Offers chat rooms (organized by topic), message boards, a creative center, cooking recipes and monthly e-newsletters.
Description: MSWorld is a 'patients helping patients' program that provides support and educational information to those affected by MS. The site is moderated by people living with MS who understand what it means to live with the disease.
Website: msworld.org

Multiple Sclerosis Foundation —Homecare Assistance Grant Program

Services: This Homecare Assistance Grant Program connects the person living with MS to local resources that meet their specific needs. Specifically assists with home care, therapy visits, respite care and coming home from the hospital.
Description: The Multiple Sclerosis Foundation offers programs and support to help people remain independent. All Multiple Sclerosis Foundation services are free of charge.
Phone: 888-673-6287
Website: msfocus.org/Get-Help/MSF-Programs-Grants/Homecare-Assistance-Grant

Share the Care

Services: The Share the Care™ model helps caregivers create a support network, organize duties and navigate the medical system. Read more about the model. Includes resources, newsletter and access to recorded events and webinars.
Description: Share the Care offers tools and information to reduce stress, isolation and economic hardship of caregiving. The book, *Share the Care*, is available to buy as an e-book or paperback.
Phone: 212-991-9688
Website: sharethecare.org

U.S. Department of Veterans Affairs (VA) Caregiver Support

Services: Various programs including peer support mentoring, Caregiver Support Coordinator, Caregiver Support Line, adult day health care centers, telehealth services, respite care and more. Caregiver support programs may include skills training, coaching, self-care, referrals and more.
Description: The VA has support and service options designed with carepartners' needs in mind. Programs are available both in and out of the home to help carepartners care for themselves and the Veteran they love.
Phone: 855-260-3274
Website: caregiver.va.gov/index.asp

Well Spouse Association

Services: Offers support groups, educational events, respite events, a resource directory and the Mainstay Newsletter.
Description: The Well Spouse Association offers support and education on the challenges carepartners face. They advocate for carepartners and seek solutions to help caregiver spouses cope with the stresses of chronic illness.
Phone: 732-577-8899
Website: wellspouse.org