



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. You can search referrals for:

- Childcare: Search for sitters or daycare centers.
- Senior care: Search for household tasks, personal care, companionship, transportation, specialized care, and mobility assistance.
- Pet care: Search for pet sitting, boarding, walking, grooming, and training.
- Housekeeping: Search for a housekeeper.

Description: Care.com's mission is to connect families to caregivers in a reliable 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 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, e-newsletters, 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, tools, and free online [National Family Caregiver Summit](#). Includes:

- [Safety checklist](#) to assess the home.
- [Care binder](#) to organize care needs.

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: 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. Browse their [caregiver topics](#) page for more information.

Phone: (800) 973-1540

Website: caring.com

CaringBridge

Services: Develop a 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](#)
- [Resource directory](#)
- [Support groups](#)
- [Events and classes](#)
- [Connections e-newsletter](#)

Phone: 800-445-8106

Website: caregiver.org

Lotsa Helping Hands

Services: A support community for caregivers who need help organizing care. 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, message boards, a creative center, cooking recipes, and monthly e-newsletters.

Description: MS World is a peer 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. Assists with home care, therapy visits, respite care, and coming home from the hospital.

Description: The Multiple Sclerosis Foundation (MSF) offers programs and support to help people remain independent. All MSF 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, a newsletter, and access to recorded 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

Caregiver support programs may include skills training, coaching, self-care, referrals, and more.

Description: The VA has support and service options designed with carepartners' 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](#)
- [Resource directory](#)
- [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

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