

CAREGIVER RESOURCES

**ARCH National Respite Network
and Resource Center**
(stands for Access to Respite Care
and Help)

703-256-2084

www.archrespice.org

- Provides a list by state of respite providers, both in-home and in facilities for children through seniors.
- Also, information on how to pay for respite services and how to be paid to be a family caregiver.
- Small library of webinars and podcasts on the topic.

Best Programs for Caregiving

<https://bpc.caregiver.org/>

- Provides a free online directory of proven support programs for caregivers of dementia patients and professionals
- Compares different dementia programs by state

Caregiver Action Network (CAN)
1150 Connecticut Ave NW, Suite 501
Washington, DC 20036

855-227-3640
(Caregiver Health Desk)

www.caregiveraction.org
info@caregiveraction.org

- Information on “caring by condition” such as Alzheimer’s, Parkinson’s, stroke.
- Also provides extensive caregiver resources and peer support.

**District of Columbia Caregivers’ Institute
(DCCI)**
1234 Massachusetts Ave NW, #C1002
Washington, DC 20005

202-464-1513 or 855-481-6777

<https://www.payingforseniorcare.com/district-of-columbia/caregivers-institute>
<https://www.homecarepartners.org/our-programs/dc-caregivers-institute/>

- Provides services and support to unpaid primary caregivers of seniors who have limited functioning due to a physical or mental condition.
- May include financial assistance if eligibility requirements are met. Both caregiver and senior must be DC residents.

Department of Veterans’ Affairs
Staying Strong Caregiver Program
www.caregiver.va.gov/strong/index.asp

855-260-3274

- Provides support and services for caregivers of veterans, including accessing benefits and connections to local Caregiver Support Coordinators

Easter Seals serving DC, Md & VA
1420 Spring Street
Silver Spring, Md 20910

301-588-8700

<https://dcmdva.easterseals.com/get-support/areas-of-support/caregiver-services>

- Provides critical support to wounded warriors, veterans, active-duty military, first responders, and civilian families who have children with and without disabilities.

Family Caregiver Alliance
<http://www.caregiver.org/>

Complete online form

- Provides expert support, resources and guidance to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia.
- Uses a Care Navigator tool to connect caregivers to local services

Holy Cross Caregiver Resource Center
9805 Dameron Drive
Silver Spring, Md

301-754-7152 Caregiver Telephone Hotline

<https://www.holycrosshealth.org/services/senior-services/family-and-caregiver-resources/caregiver-resource-center>

- Offers support groups, education and the latest on aging for caregivers
- Has an extensive library and a free newsletter *Caregiver News*

Iona Senior Services
4125 Albemarle Street NW
Washington, DC 20016
<http://www.iona.org/>

202-895-9448 Ask for the Helpline

- Offers caregiver support groups for dementia and other medical issues
- Operates Adult Day Health programs in NW and SE locations that provide innovative care for people over 60 with early to moderate dementia and serves as respite for caregivers
- Provides periodic Memory Cafes for families coping with dementia

Lotsa Helping Hands
<http://www.lotsahelpinghands.com/>

Online only

- A central place online where caregivers and others can request meals and other help from family and friends

National Alliance for Caregiving (NAC)
1730 Rhode Island Avenue NW, Suite 812
Washington, DC 20036
<http://www.caregiving.org/>

202-918-1013

- Seeks to build health, wellness, and financial security for all family caregivers through research, policy, and narrative change.
- Alliance members include 60 organizations that advocate on behalf of caregivers

UDC Senior Companion/Respite Aide Program 202-274-6697

4200 Connecticut Avenue NW, Building 32 #203

Washington, DC 20008

<https://www.udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology>

- Recruits and trains older volunteers to provide respite care , to ease the burden of caregiving