

CaregivingCafe.com

Online Directory of Information, Resources, Support & Solutions for Family Caregivers

These resources may help if you are taking care of a relative or a friend who has a chronic condition, disability or advanced age.

Online Resources to help manage caregiving

Managing Tasks	Coordinating Help & Staying in Touch	Health Information
Caregiver CaregiverActionNetwork eCareDiary CarePlanners Monarcares Personal Health Records The Care Company AARP Caregiving Resources	CarePages CaringBridge CaringBridge Support Planner Cura eCareDiary Lotsa Helping Hands	FDA Drug Databases Medivizor NIH: Nat'l Institute of Health NIMH: Nat'l Institute of Mental Health SeniorHelpers Senior Gems Program, DVD with tips for Dementia caregivers

Meet Other Caregivers	Coping	Talk Shows & Videos
BensFriends.org Caregiver Action Network CareGiving.com RobCares.com TheCaregiverSpace.com The Coffee Klatch TreatmentDiaries.com	AgingCare.com Brainstorm CareGiving.com Caring Support Groups Dr. Ann Becker Schutte Experience Life! HelpGuide.org The Imperfect Caregiver VA Caregiver Support	Caregivers Speak Radio Show The Coffee Klatch Radio Your Caregiving Journey with Denise Brown

CRISIS HOTLINES

Alzheimer's 800-272-3900 * Suicide 800-273-8255 * Veterans: 800-273-8255 x1

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Benefits & Services	Assistance with Medications	Miscellaneous
Apply for SNAP	Copays.org	AAHCP: Directory of Drs who make house calls (US)
Benefits.gov	GiveForward.com	Dignity Resource Council garments for bathing, personal care
BenefitsCheckup.org	GoFundMe.com	EasierLiving.com products, info on caregiving
Eldercare Locator	Internet Drug Coupons	1800Wheelchair.com Mobility, bath, beds, kids
Medicare	NeedyMeds.org	DiscountRamps.com Ramps for home, auto, etc.
Senior Housing Locator	Patient Advocate Foundation	CaregivingCafe High Tech Furniture, Accessories
Social Security	Standbuy.us	
VA Caregiver Support		
Veterans Affairs		

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Technology to help with caregiving

Monitoring & Alerts	Managing Caregiving (health records, tasks, get organized, stay in touch)	Apps
<p>eCaring eCaring.com Monitor, alerts</p> <p>Rescue Alert of California rescuealertofca.com Medical alert system</p> <p>CarePredict carepredict.com [Launch Fall 2014] Track daily patterns, alerts</p>	<p>Monarcares.com Organize, share, schedule, tools, resources</p> <p>CareSolver.com Step-by-step care plans</p> <p>InvolveCare.com Share tasks with those who want to help</p> <p>MealTrain.com Coordinate meals</p> <p>LotsaHelpingHands.com Coordinate tasks, share</p>	<p>Express-Well.com Your health records at-a-glance for your doctor to see</p> <p>iRememberU Share memories about loved ones</p> <p>iTriage Symptom checker, locate care</p> <p>OnTimeRx Timely reminders to take meds on time</p> <p>OTC plus Over-the-counter medicines, coupons</p> <p>Wheelmap Online map of wheelchair-accessible places</p>

Assistive Technology	Online Tools	Tech for Seniors
<p>CaregivingCafe High Tech List of organizations, devices that help your caree to safely or independently do more</p>	<p>The Remember Web Daily image to reminisce, for people with memory loss</p>	<p>Gerijoy Virtual senior care companions</p>

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Local & Online Resources: Greater Austin area Info & Support: Specific Diseases or Conditions

<p>Aging Area Agency on Aging capcog.org 512-916-6062 888-622-9111, ext. 6062</p> <p>AGE of Central Texas ageofcentraltx.org 512-451-4611</p> <p>Alzheimer's / Dementia Alzheimer's Association alz.org 800-272-3900 512-241-0420</p> <p>Cancer American Cancer Society cancer.org 512-919-1800</p> <p>CRPS / RSD Texas Support for RSD/CRPS: FB facebook.com/TexasRSDsupport</p> <p>RSDSA rds.org/Resources/relatedsites</p> <p>Cystic Fibrosis Cystic Fibrosis Foundation cff.org/chapters/centraltexas 512-338-1744</p> <p>Diabetes American Diabetes Association diabetes.org 512-472-9838</p> <p>Epilepsy Epilepsy Foundation Central & South Texas efcst.org 512-876-8471</p> <p>Fibromyalgia National Fibromyalgia Association fmaware.org</p> <p>National Fibromyalgia & Chronic Pain Association fmcppure.org</p>	<p>Heart Disease American Heart Association heart.org 512-338-2400</p> <p>Kidney National Kidney Foundation kidney.org 855-653-2273 Peer Support 855-653-7337</p> <p>American Association of Kidney Patients aakp.org 800-749-2257</p> <p>Liver American Liver Foundation liverfoundation.org 800-465-4837</p> <p>Lung American Lung Association lung.org 800-586-4872 Austin 512-467-6753 San Antonio 210-308-8978 Dallas 214-631-5864</p> <p>Multiple Sclerosis National Multiple Sclerosis Society nationalmssociety.org 800-344-4867 Austin 512-495-9901 San Antonio 210-494-5531 Houston 713-526-8967</p> <p>Muscular Dystrophy mda.org/office/austin 512-691-0065</p> <p>Osteoporosis National Osteoporosis Foundation nof.org 800-231-4222</p> <p>PTSD US Dept. of Veterans Affairs ptsd.va.gov Info 802-296-6300</p>	<p>Pain Practical Pain Management practicalpainmanagement.com Directory of doctors 973-783-7009</p> <p>Healthgrades Pain Medicine Specialists healthgrades.com/pain-medicine-directory/tx</p> <p>Austin Pain Mgmt. Doctors vitals.com/specialists/pain</p> <p>Parkinson Capital Area Parkinson's Society capitalareaparkinsons.org 512-371-3373</p> <p>National Parkinson Foundation parkinson.org 800-473-4636</p> <p>Parkinson's Disease Foundation pdf.org 800-457-6676</p> <p>Rare Diseases NORD: National Organization for Rare Disorders rarediseases.org 203-744-0100</p> <p>Ben's Friends Online Communities bensfriends.org</p> <p>Stroke Stroke Association strokeassociation.org 800-242-8721</p> <p>HeartHub hearthub.org</p> <p>Traumatic Brain Injury Centers for Disease Control & Prevention CDC.gov 800-232-4636</p> <p>NINDS ninds.nih.gov/disorders/tbi</p>
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Caregiver Respite in Greater Austin: giving the caregiver a break

Adult Day Centers	Volunteer Organizations	In-home Care Agencies
Austin Adult Day Health Center ageofcentraltx.org 512-458-6305 Greater Austin CARES Alzheimer's Respite Programs Annette Gracy Juba, LMSW 512-825-1868 Mike's Place mealsonwheelsandmore.org Marjorie Murphey-Camacho 512-476-6325 x138 Round Rock Adult Day Health Center ageofcentraltx.org 512-255-4865	Drive A Senior driveasenior.org West Austin 512-472-6339 SW Austin 512-364-6501 South Austin 512-445-5552 No. Central Austin 512-453-2273 NW Austin 512-250-5021 NE Austin 512-459-1122 Pflugerville & Round Rock 512-310-1060 Georgetown 512-868-9544 Elgin 512-281-1368	Nurses Unlimited nursesunlimited.com 512-380-9339 Halcyon Home myhalcyonhome.com 512-815-9009

House Calls in Greater Austin

Doctors	Nurses, Therapists	Dental, Eye Care
Dr. Michael Pellegrini 512-459-5204 House Call Doctors housecalldoctorstexas.com 512-288-0859 Transitions Geriatrics Group 512-452-2100 Visiting Physicians visitingphysicians.com 512-407-8880	Nurses Unlimited nursesunlimited.com 512-380-9339 House Call Doctors housecalldoctorstexas.com 512-288-0859 Austin Mobile Rehab austinmobilerehab.com 512-921-3680	Dr. Linda McClain (Optometrist) 512-608-8500 Texas Mobile Dentists Austin: 512-428-8863 San Antonio: 210-775-2444 Mobile Dentists Comes to certain schools 888-833-8441 St. David's Dental Program Comes to certain schools 512-879-6600

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Caregiver Training: Greater Austin area & Online livepage.apple.com

Training	Workshops	Resources
<p>Schools by city CaregiverList.com</p> <p>Home Instead Training & Support homeinstead.com/caregiver/ 800-670-9716</p> <p>myCNAjobs Caregiver Training</p> <p>Easter Seals Veterans Caregiver Training</p>	<p>CaregiverU Powerful Tools for Caregivers (Taking care of the caregiver) 512-451-4611 x244</p> <p>A Matter of Balance/Strong Seniors (Fall prevention) 512-451-4611 x244</p> <p>Savvy Caregiver (Training for Dementia Caregivers) 512-451-4611 x244</p> <p>“Striking A Balance” Caregiver Conference ageofcentraltx.org</p> <p>Senior Helpers of Central TX Senior Gems: Dementia & Alzheimer’s DVD & workshop 512-388-4357</p>	<p>AGE of Central Texas Caregiver Resource Center ageofcentraltx.org (Supporting Seniors, their families & caregivers) 512-451-4611</p>

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Support Groups for Family Caregivers Greater Austin area

Support groups can help family caregivers to vent, to exchange ideas, to gain insights and tips, and to meet others who truly understand the types of situations, challenges and emotions that are experienced in caregiving. This can help to reduce stress and anxiety for family caregivers.

Please confirm with the facilitator of the support group in which you are interested that it still meets at the specified time & place. Also check to see if it is intended for family caregivers, for patients, or for both. CaregivingCafe provides this list in an effort to support family caregivers.

About support groups

[Support Groups & Social Support \[Seton Hospital\]](#)

Caregiver Support Groups	
4th Wednesdays at noon - 1:30 pm Barbara Wiederaenders Austin Groups for the Elderly 3710 Cedar Street, Box 2 Austin TX 78705 (512) 451-4611 bwiederaenders@att.net	Fridays 12:15pm - 1:15pm Community Caregivers Support Group Hospice Austin 4107 Spicewood Springs Rd. Austin TX 78759 512-342-4700 doatman@hospiceaustin.org

ALS Caregivers Support Groups	
These meetings are open to anyone who has been affected by ALS. Connection meetings are a great opportunity to learn about new resources, meet others who have been affected and find creative ways to navigate through life with ALS.	
4th Tuesday of every month at 12:30pm Jennifer Beckett ALS Association Texas Chapter 908 Old Koenig Lane (Koenig Lane Christian Church) Austin, TX 78756 (877) 257-4673 j.beckett@alsa-texas.org	3rd Monday of every month Jennifer Beckett ALS Association Texas Chapter 8705 Shoal Creek, Ste 114 (Austin Regional Office) Austin, TX 78757 877-257-4673 j.beckett@alsa-texas.org

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Parkinson's Support Groups	
[From Caregiver.com http://www.caregiver.com/regionalresources/states/TX/support/travis.htm]	
3rd Saturday of the month Capital Area Parkinson's Society P.O. Box 27565, Austin (512) 459-9876 jenksjm@swbell.net	3rd Fridays at 10:00am Parsons House Independent & Assisted Living Community (1-35 & 290 East behind Pappadeux Restaurant) Jaime Eyer Parsons House Parkinson Support Group 1130 Camino La Costa Austin, TX 78752 512.454.0524 jeyer@parsonshouseaustin.com
2nd or 3rd Sat. monthly C.A.P.S. - Capital Area Parkinson's Society McFadden Auditorium Kitty Hoskins 512-324-4000 ekittyhoskins@aol.com For Parkinson's Caregivers & People with Parkinson's	Last Fridays 1:00pm - 2:00pm Ranch Retirement Living Center Deborah Bryson Cedar Park Parkinson Support Group 1301 Whitestone Blvd Cedar Park TX 78613 512.996.0700 brysond@accoladehomecare.com

LBDA Support Group
Last Saturday monthly 9:30am - 11:00am Austin Lewy Body Dementia Association Austin Groups for the Elderly 3710 Cedar St. Austin, TX 78705 Kelli Cotner 512-392-0702

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Caregiver Support Groups in the Greater Austin Area

CAREGIVING

[Various conditions](#)

[Online Support Groups](#)

ALS

[ALS Association](#)

ALZHEIMER'S / DEMENTIA

[Alzheimer's Association](#)

[Mike's Place](#)

[Bethany Support Group Resources](#)

[Alz Connected Online](#)

CANCER

[CancerCare online](#)

[Cancer Connection](#)

[The Care Communities](#)

CRPS / RSD

[Texas Support for RSD](#)

[American RSDHope \(USA\)](#)

CYSTIC FIBROSIS

[Cystic Fibrosis Foundation](#)

[Central TX Chapter](#)

DIABETES

[American Diabetes Association](#)

EPILEPSY

[Epilepsy Foundation](#)

FIBROMYALGIA

[National Fibromyalgia Association](#)

[Austin NFA Support Group](#)

GRIEF SUPPORT: [The Christi Center](#)

HEART

[Mended Hearts](#) 888-432-7899

info@mendedhearts.org Ms. Gerry Harrelson

support@mendedhearts.org

Also see "Stroke"

LEWY BODY DEMENTIA

[LBD Support Group Meeting](#)

LUNG

[Lung Connection online](#)

LIVER

[American Liver Foundation](#)

KIDNEY

[American Association of Kidney Patients](#)

MULTIPLE SCLEROSIS

[National MS Society](#)

MUSCULAR DYSTROPHY

[MDA: Muscular Dystrophy Association](#)

OSTEOPOROSIS

[National Osteoporosis Foundation](#)

PAIN

[Chronic Pain Meetups](#)

PARKINSON'S

[Parkinson's Disease Foundation](#)

Helpline 800-457-6676

[CAPS: Capital Area Parkinson's Society](#)

[CAPS Care Partners Support Group](#)

RARE DISEASES

[NORD Patient Organizations Directory](#)

[NORD Programs for Patients & Families](#)

STROKE

[American Stroke Association](#)

[Stroke Warmline](#) 888-478-7653

[Online Support](#)

[Pediatric Stroke Network](#)

VETERANS

[Useful phone numbers](#)

[Caregiver Support Line](#) 855-260-3274

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