Helpful Resources for Family Caregivers

One of the most important aspects of managing life as a family caregiver is accessing useful resources that can provide needed knowledge and skills. The list of helpful resources below provides information about educational materials and support organizations related to family caregiving.

The North Dakota Family Caregiver Project
North Dakota State University received Older Americans Act funds from the Department of Human Services, Aging Services Division, to develop the North Dakota Family Caregiver Project. The purpose of the project is to develop training and educational materials to provide support services to informal caregivers through the North Dakota Family Caregiver Support Program. Education and proper support can help make your caregiving experience successful. Let us help you make a difference in someone’s life. The program is directed by Marlys Bratteli, assistant professor at North Dakota State University. Educational materials and resources that may be downloaded from the project Web site at NDSU include:

- How We Age
- Personal Care Tasks
- Family Relations and Caregiving
- End of Life Issues
- Caregiver Abuse, Neglect and Exploitation
- Assistive Technology and Older Adults
- Behavior Management
- Personal Care Challenges
- Nutrition Counseling
- Caregiver Stress and Coping
- Financial Counseling and Planning

These materials can be accessed on the Internet at [www.ndsu.nodak.edu/ndsu/caregiver/education/index.html](http://www.ndsu.nodak.edu/ndsu/caregiver/education/index.html)

North Dakota Family Caregiver Project
EML 277F
North Dakota State University
Fargo, ND 58105
Phone: (701) 231-7391
Fax: (701) 231-9645
E-mail: marlys.bratteli@ndsu.nodak.edu
North Dakota Senior Information
The North Dakota Senior Facilities Locator is an ambitious project intended to help individuals and caregivers locate facilities that provide services to seniors in North Dakota. It is part of a larger initiative sponsored by the North Dakota Department of Human Services that focuses on informal caregiving in the state.

Visit the North Dakota Senior Information’s Web site to learn more:
www.ndsu.nodak.edu/sdc/ndseniorinfo/

North Dakota Department of Human Services
For more information regarding North Dakota aging service programs, call the ND Senior Info-line at (800) 451-8693 or by e-mail at dhhsrinf@state.nd.us. Or, contact your local Human Service Center:

<table>
<thead>
<tr>
<th>City</th>
<th>Phone</th>
<th>Toll-Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Williston</td>
<td>(701) 774-4600</td>
<td>(800) 231-7724</td>
</tr>
<tr>
<td>Minot</td>
<td>(701) 857-8500</td>
<td>(888) 470-6968</td>
</tr>
<tr>
<td>Devils Lake</td>
<td>(701) 665-2200</td>
<td>(888) 607-8610</td>
</tr>
<tr>
<td>Grand Forks</td>
<td>(701) 795-3000</td>
<td>(888) 256-6742</td>
</tr>
<tr>
<td>Fargo</td>
<td>(701) 298-4500</td>
<td>(888) 342-4900</td>
</tr>
<tr>
<td>Jamestown</td>
<td>(701) 253-6300</td>
<td>(800) 260-1310</td>
</tr>
<tr>
<td>Bismarck</td>
<td>(701) 328-8888</td>
<td>(888) 328-2662</td>
</tr>
<tr>
<td>Dickinson</td>
<td>(701) 227-7500</td>
<td>(888) 227-7525</td>
</tr>
</tbody>
</table>

National Organization for Empowering Caregivers
www.care-givers.com

Legacy Caregiver Services
Providing care for a family member or friend can be both rewarding and challenging. Legacy Caregiver Service’s motto is “Helping Families Help Themselves.” Friendly, knowledgeable staff are available by telephone or in person to answer your questions and provide you with helpful resources.
www.legacyhealth.org/healthcare/caregiver

Get Care
This site is designed to help you learn about the full spectrum of services available to help older and disabled Americans live as independently as possible, with the dignity they deserve.
www.getcare.com

Home Care Companion
Providing caregivers with the tools, skills, and knowledge they need to fulfill their caregiving role.
www.homecarecompanion.com

Family Caregiving Alliance
On-line discussion and support groups, fact sheets.
www.caregiver.org

American Society on Aging
A nonprofit organization committed to enhancing the knowledge and skills of those working with older adults and their families. Explore our publications and resources, our educational programs and diversity initiatives, and share knowledge with the largest network of professionals in the field of aging.
www.asaging.org

CareGuide
Care for the caregiver, care at home, care alternatives, legal and financial.
www.careguide.com

The Growth House
Growth House, Inc., provides this award-winning portal as your international gateway to resources for coping with life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration.
www.growthhouse.org
Care Pathways
Care Pathways is an Internet community created and maintained by registered nurses (RNs) dedicated to providing seniors and their families access to quality information and creditable services.
www.carepathways.com

The Center for Family Caregivers
The Center for Family Caregivers, a non-profit organization, is dedicated to providing support and educational materials to family caregivers.
www.familycaregivers.org

Age Net Elder Network
Solutions for better aging and caregiver support.
www.agenet.com

Caregiver Information
A guide to general caregiving information including medication guidelines, bowel and bladder, nutrition, skin and mouth care, fever, environmental concerns and infection control as well as finding/hiring help. Also provides information about stroke, brain injury, Alzheimer's, adapted leisure and relaxation.
www.caregiver-information.com

ElderCare Online
ElderCare Online is a beacon for people caring for aging loved ones. Whether you are caring for a spouse, parent, relative or neighbor, we are committed to providing an online community where supportive peers and professionals help you improve quality of life for yourself and your elder.
www.ec-online.net

Extended Care
For seniors, those who care about them, hospitals, and extended-care providers, extendedcare.com is a trusted resource.
www.extendedcare.com

How to Care
How to Care is here to help you manage the realities of caring for others and yourself by supplying practical, portable information on the issues we know you will confront.
www.howtocare.com

Family Care America
Working with corporate and community partners and employers nationwide, we help family caregivers help themselves and the ones they love.
www.familycareamerica.com

The Family and Workplace Connection
Many employers have found that helping employees care for older parents/relatives increases loyalty, reduces absenteeism, and improves morale.
www.familyandworkplace.org

Caregiver Coordinators in North Dakota
Region I: Williston
Karen Quick.............................. (701) 774-4685

Region II: Minot
Theresa Flagstad ..................... (701) 857-8654

Region III: Devils Lake
Kim Helten ................................ (701) 665-2269

Region IV: Grand Forks
Raeann Johnson ...................... (701) 795-3000

Region V: Fargo
LeAnne Thomas ....................... (701) 298-4480

Region VI: Jamestown
Carrie Thompson-Widmer ........ (701) 253-6395

Region VII: Bismarck
Judy Tschider ........................... (701) 328-8776

Region VIII: Dickinson
Michelle Sletvold ...................... (701) 227-7582
Family caregiving presents challenges and opportunities. Caregivers and family members benefit as they identify useful resources and access them for information and support. Education and support are critical to enhancing the experience of family caregiving.

For more information on this and other topics, see: www.ag.ndsu.edu