

# Online Caregiver Resources



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**This online list of websites and apps is not all inclusive but can give guidance on where to start. You may find a website or app that is not on the list more useful and applicable to your specific situation. For more information on resource please contact the ADRC.**

## ***AARP* | [www.aarp.org/caregiving](http://www.aarp.org/caregiving)**

Articles and tips about caregiving. Includes dementia, financial costs, legal, life balance, and long-term care.

## ***Alzheimer's Association* | [www.alz.org](http://www.alz.org)**

Overview of diagnosis, treatment, stages, and caregiving for Alzheimer's disease.

## ***Caregiver Action Network* | [www.caregiveraction.org](http://www.caregiveraction.org)**

Supporting caregivers through education, information, and advocacy. Contains caregiver stories, videos, tips, and other resources to guide caregivers through their journey.

## ***Kinship Navigator Portal* | [www.dcf.wisconsin.gov/kinship/navigator](http://www.dcf.wisconsin.gov/kinship/navigator)**

Designed to help you find resources regarding medical care, support payments, and more for the children in your care. Get resources specific to your situation.

## ***Terra Nova Films* | [www.videocaregiving.org](http://www.videocaregiving.org)**

Watch brief, informational videos to help you in your role as a family caregiver. Videos include caregiver stories, providing care, accepting diagnoses, and many other useful tips.

## ***Today's Caregiver* | [www.caregiver.com](http://www.caregiver.com)**

Providing newsletters, education opportunities, and articles providing caregiving tips. Get access to podcasts, articles, and caregiver stories.

## ***Respite Care Association of Wisconsin* | [www.respitecarewi.org](http://www.respitecarewi.org)**

Provides training, webinars, and respite care providers to help you as a caregiver take time to recharge your batteries. Get access to many respite resources for children and adults.

### **ADRC of Brown County**

300 S. Adams St. Green Bay, WI 54301  
(920) 448-4300

[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

ADRC is a nonprofit, 501(c)3 organization

Find us online:



## ***UCLA Alzheimer's & Dementia Care Program | [www.uclahealth.org](http://www.uclahealth.org)***

Roleplay videos that provide practical tools you can use to respond to behavioral symptoms exhibited by your loved one with dementia.

## ***WisconSibs | [www.wisconsibs.org](http://www.wisconsibs.org)***

Serving Wisconsin siblings of people with disabilities by offering workshops, summer camp, training for future-planning, and social events for adults and families.

## ***WI Family Caregiver Support Programs | [www.wisconsin-caregiver.org](http://www.wisconsin-caregiver.org)***

Provides information, support, and resources to people who need help caring for a family member, friend, or neighbor. This site also offers a list of virtual events for caregivers statewide.

## **Caregiving & Self-Care Apps**

Listed below are some popular caregiving and self-care apps. All are available for Apple and Android devices. Please note that many of the apps below do have in-app purchases, but many offer free features and trials. We encourage you to explore and find the app that best suits your lifestyle and caregiving role.

### ***Caregiving***

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#### ***Care Angel***

Applies AI (artificial intelligence) to healthcare, not to replace the human touch, but to enhance the way we care. A daily check-in by the program can alert a person's support system of any concerns and see past medical history for trends and areas to watch.

#### ***CaringBridge | [www.caringbridge.com](http://www.caringbridge.com)***

Connects multiple caregivers through a single app, providing easy access to appointment dates, changes in health, and other essential information. Allows family and friends the opportunity to stay connected through journal entries or photos posted by the caregivers.

#### ***CareZone***

A worry-free way to organize health information and access vital health services. This includes a symptom tracker, calendar, journal, contacts, notes, to-dos, photos, and community contacts. Your information is kept private and secure.

## ***First Aid by American Red Cross***

Get expert step-by-step advice for injury or emergency. You can find the closest hospital or easily call 9-1-1 at any point within the app if you need to.

## ***Lotsa Helping Hands | [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)***

Add requests for help you need as a caregiver to a calendar and members of your invited community can help coordinate the logistics. This app can help your community come together and make sure that no one gets forgotten.

## ***Self-Care***

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### ***Headspace***

Meditation and mindfulness for beginners. This app offers meditations in areas such as: stress, anxiety, sleep, relaxation, healthy eating, and so much more.

### ***Happify***

Personalized activities and games to help you overcome negative thoughts, stress, and life's challenges.

### ***Calm***

Calming meditation, sleep stories, and music to help you relax, destress, and find your inner peace. Video lessons on mindful movement and gentle stretching. Nature scenes and sounds to enjoy while relaxing, sleeping, working or studying.

### ***Gratitude Journal***

Journal about things in your day and/or life that make you feel grateful. Your entries are saved to create positive, warm memories to look back on in the future.

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