



Online Caregiver Resources

The 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.

AARP, aarp.org/caregiving

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

Alzheimer's Association, alz.org

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

Caregiver Action Network, 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, 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 current situation.

Terra Nova Films, 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, caregiver.com

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

Respite Care Association of Wisconsin, 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.

UCLA Alzheimer's and Dementia Care Program, uclahealth.org

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

WisconSibs, 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.

Wisconsin's Family Caregiver Support Programs, 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.

ADRC of Brown County

920-448-4300

300 S. Adams Street

Green Bay, WI 54301



www.adrcofbrowncounty.com
[adrcbrowncountywi](https://www.facebook.com/adrcbrowncountywi)

*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*

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:

Lotsa Helping Hands (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.

Care Angel

Applies AI (artificial intelligence) to healthcare, not to replace 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.

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.

CaringBridge (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.

First Aid by American Red Cross

Get expert step-by-step advice for any 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.

Self-Care:

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.

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.

We encourage you to explore and find the best fit for you based on your current need, preference, and caregiving role.