

## Caregiver Resources

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Below are links to trusted, reputable resources that offer information, emotional support, benefits guidance, and practical tools for caregivers.

We're here to support you.  
For guidance, email us at  
[contact@silversource.org](mailto:contact@silversource.org)

### Local Support in Fairfield County

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[2-1-1 Connecticut](#) (203) 762-8958

Statewide directory for housing, food, transportation, respite, and caregiver services

[Southwestern CT Agency on Aging \(SWCAA\)](#) (203) 333-9288

Caregiver support, respite grants, and benefits counseling.

[CT Aging and Disability Services](#) (800) 994 9422

Respite support for caregivers

[ElderHouse](#) (203) 847-1998

Caregiver support groups, adult day care

[Bridges by Epoch](#) Trumbull (203) 889-9902

Caregiver support, resources

[Visiting Nurse & Hospice of Fairfield County](#) (203) 762-8958

Caregiver support groups

[CaringKind](#) Helpline (646) 744-2900

Resources, tools, and training to support families affected by dementia.

Family Centers [Center for Hope](#) (203) 655-4693

Counseling, support and education services

[American Parkinsons Disease Association](#) (860) 248-9200

Caregiver support groups

[Brain Injury Alliance CT](#) (860) 219-0291

Monthly online support groups.

[The ARK Healthcare and Rehabilitation at St. Camillus](#) (203) 325-0200

Respite Care

[The Caregiver Resource Center](#) (203) 861-9833

Resources, advocacy

## National Caregiver Support & Information

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[AARP Family Caregiving](#) (888) 687-2277

Practical guides, checklists, local resources, and a caregiver support line

[National Alliance for Caregiving \(NAC\)](#)

Research, advocacy, and tools for family caregivers.

[Family Caregiver Alliance \(FCA\)](#) (800) 445-8106

Fact sheets, webinars, and a state-by-state resource directory

[Caregiver Action Network](#) (855) 227-3640

Free Caregiver Help Desk, peer support, and education

[VA Caregiver Support Program](#)

Education, resources, support, and services

[Daughterhood](#) [info@daughterhood.org](mailto:info@daughterhood.org)

Support groups and resources.

[Hilarity for Charity](#) [info@wearehfc.org](mailto:info@wearehfc.org)

Online caregiver support groups, respite grants, resources

## Government Programs & Benefits

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[Eldercare Locator](#) (U.S. Administration for Community Living) (800) 677-1116

Connects caregivers to local aging services, respite care, transportation, and benefits

[National Family Caregiver Support Program](#)

Information on respite, counseling, and caregiver support services

[Medicare Caregiver Resources](#)

Guidance on coverage, care planning, and navigating Medicare

[Medicaid Long-Term Services & Supports](#)

Information on home care, waiver programs, and eligibility

[National Institute on Aging](#) (800) 222-2225

Tips and resources

## Condition-Specific Caregiving Support

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[American Parkinsons Disease Association](#) (860) 248-9200

Education and support

[Alzheimer's Association](#) – Caregiver Center (800) 272 3900

24/7 helpline, support groups, and dementia-specific guidance

[ALZConnected](#) (800) 272.3900

Support, crisis assistance and information

[Parkinson's Foundation](#) – Care Partner Resources (800) 473-4636

Tools, education, and community support

[American Cancer Society](#) – Caregiver Support (800) 227-2345

Practical and emotional support for cancer caregivers

[NAMI](#) (National Alliance on Mental Illness) (800) 950-6264

Support groups, education programs, and mental health resources

## Workplace & Financial Support

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[Rosalynn Carter Institute](#) – Working While Caring

Research, employer tools, and workplace caregiver resources

[BenefitsCheckUp](#) (National Council on Aging)

Helps caregivers and older adults find financial assistance programs