

Caregiver Resources



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

Local Support in Fairfield County

[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

[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
Support groups and resources.

[Hilarity for Charity](#) info@wearehfc.org
Online caregiver support groups, respite grants, resources

Government Programs & Benefits

[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

[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

[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