

# Caregiver Resources Cheat Sheet:

## Starting your search: (see list below)

1. Have a plan:
  - What exactly does your insurance cover?
  - What services are you looking for?
2. If receiving therapy, find out if there's a medical social worker available to you
3. Local social services
4. Community organizations/churches
5. Support groups

## Care Assistance:

**In home care services** – private pay

**Personal care services through local Department of Social Services**

- Medicaid helps to pay for personal care aide within the home (not available in all states)

**VA**

- Veteran qualifies for home based services
- VA Aid and Attendance – veteran & spouse may qualify

**Long Term Care Insurance**

- Pays for In Home Care Services (Personal Care Aide), Assisted Living Facility placement, Long Term Care Facility placement

**Church/religious organizations**

- Sitters

## Emotional/Support Assistance:

**Adult day care services**

**Respite care services**

**Community mental health organizations**

- Therapy services

**Caregiver support groups**

- Online/in person
- Lingraphica offers Caregiver chats and meetings through Virtual Connections

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## Food Prep Assistance:

### Meals on Wheels

(local agency on aging or other organizations within your community)

### Mom's Meals

(home delivered meals: [www.momsmeals.com](http://www.momsmeals.com))

### Companion Care services

### Online companies

- Top Chef (no plan required/al carte, order at your discretion)
- Fresh-n-Lean ([www.freshnlean.com](http://www.freshnlean.com))
- Home Bistro ([www.homebistro.com](http://www.homebistro.com))
- Trifecta ([www.trifectanutrition.com](http://www.trifectanutrition.com))
- Freshly ([www.freshly.com](http://www.freshly.com))

## Supplies:

### Incontinence supplies

(Medicaid only insurance that pays in most states)

**VA** - some veterans qualify for community-based services that provide DME equipment/incontinent supplies

**Community organizations/church organizations** - donated equipment

## Transport:

### Medicaid Cab

**Paratransit** (ex: Handiride)

**Agency on Aging**

**Church/religious organizations**

**UBER/taxi**

**Community rides programs**

**Advantage Medicare Plans**

- Humana ~16 trips a year

## Respite Care:

*Can be short or long term.*

### Short Term

- Adult Day Care
- In Home Care

### Long Term

- Long Term Care Facility
- In Home Care

## Community Entities:

### Government agencies

- Medicaid/SNAP
- Heating/Cooling assistance programs
- Companion Care services (depending on the state)

### Churches/community organizations

- Financial assistance with bills/rent
- Food pantries
- Support groups
- Prescription assistance
- Clothing closets/furniture
- Donated medical equipment

## Communication Assistance:

### We can help:

- Dedicated speech generating device
- TalkPath Therapy
- TalkPath News
- Free Apps
- Communication Boards

Schedule a consult with us to learn if a device might be a good fit for your loved one:

<https://www.aphasia.com/try-at-home/>  
or call 866-918-5071