


Caregivers of Older Adults (ages 18+ caring for an older adult ages 60+ including caregivers of individuals with Alzheimer’s Disease and Related Disorders)

Virtual Education/Training
- Alzheimer’s Association guides, Teepa Snow videos, AARP Home Alone Alliance videos, Phone Apps, Alzheimer’s Association training series, Caregiver Action Network Caregiver Toolbox

Virtual Support Communities
- Family Caregiver Alliance, Memory Café,
- Phone Support from Alzheimer’s Association 24/7

Supports for caregiving in your home
- Assistive Devices, Home Modifications for access and safety, Respite. Federal and State financial assistance for available through the regional Area Agencies on Aging

Kinship Caregivers (ages 55+ caring for children 18 and under, including caregivers of children with disabilities)

Virtual Education/Training

Virtual Support Communities
- National Parent Helpline, Generations United

Supports for caregiving in your home
- Assistive Devices, Home Modifications for access and safety, Educational electronic devices, financial assistance for extra-curricular activities, camps, childcare (available through the regional Area Agencies on Aging)

Other Helpful Resources

Vermont Elders Resource Guide, Vermont Community of Elders- COVE, Vermont 211

Rev 2021 tiffany.smith@vermont.gov