



National Family Caregiver Support Program- Remote Support Guide

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

- [Vermont Kin and Parents Caregiver Resources](#), [Kinship Guide](#), [Vermont Parents Home Companion Guide](#), [Vermont Department of Health Family Wellness](#), [Advanced training for Kin, Foster, and Adoptive Caregivers](#) [Healthychildren.org](#)

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](#)