

Self-Care for Caregivers: Resources

- SHARE Network: South Side Aging Resource Guide – Caregiver Support

*They offer an online Resource Guide: COVID-Resources, caregiver support and **support groups**, respite care, and more. We can mail the resource guides. Provide your mailing address to Tamiko Clark.*

<https://sharenetworkchicago.org/resources/>

- The Chicago Hyde Park Village (CHPV)

Helps older adults stay active and social. It is based in Hyde Park, but open to all. They currently have weekly Zoom classes: tai chi, yoga, exercise, and a tech savvy cafe where you can have tech questions answered. Their calendar and more is on their website.

<https://chpv.org/>

- The Alzheimer’s Association- Search Caregivers

A wealth of information for Caregivers. Can also contact their 24/7 Helpline 1-800-272-3900

<https://www.alz.org/search?searchtext=caregivers>

- The American Psychological Association

They have a “Caregivers Briefcase” of education and resources; caregiver supports such as respite care and resource locators.

<https://www.apa.org/pi/about/publications/caregivers/resources>

- The National Institute on Aging

They have videos and articles; as well as a wealth of resources.

<https://www.nia.nih.gov/health/alzheimers-caregiving-caring-yourself>

- **The Aging Life Care Association**

*They will provide a list of certified geriatrics care managers by zip code. These professionals are a God-send for long distance caregivers. They can be your eyes and ears, coordinate local resources and even interview and supervise hired care. *You can also google search your local aging departments.*

<https://www.aginglifecare.org/>

- **National Alliance on Mental Illness (NAMI)**

Helpline: 1-800-950-NAMI (6264) or info@nami.org

Text “NAMI” to 741741 for 24/7 FREE crisis counseling

You can find support groups, COVID-19 resources, and mental health education on their website.

<https://nami.org/home>

- **Therapy for Black Girls**

Designed to dispel the stigma around mental health that prevents Black women from taking care of their mental health. It is not only for Black women; and open to all. You can find a therapist by insurance type, zip code, and preference. They also have a podcast where they chat about all things mental health!

<https://providers.therapyforblackgirls.com/explore/>

- **Psychology Today**

On here you can find a counselor based on your zipcode and preference. They also have a search for support groups of various kinds.

<https://www.psychologytoday.com/us>

- **Better Help**

Can find a counselor but what I like most is that they have articles and advice on a variety of topics: from grief, to balancing life, to resilience; and more!

<https://www.betterhelp.com/advice/>