

Free Resources for Elder Family Caregivers

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In honor of National Caregivers Day, these 13 tools offer practical and emotional relief for family members caring for older adults.

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With National Caregivers Day on Feb. 21, 2025, here are some of the top free resources available to assist elder family caregivers in navigating their responsibilities, which is estimated to be worth up to \$600 billion in unpaid care, mostly by older women for aging spouses and other family members. These caregivers often leave the workforce, putting their personal finances and own retirements at risk as well as their mental, physical and emotional well being.

Online Tools and Platforms

BenefitsCheckUp®: This online tool from the National Council on Aging helps caregivers screen for over 2,500 federal, state, and local benefits programs to assist with food, healthcare, and other necessities.

ElderCare Locator: A service by the Administration for Community Living that connects caregivers with local resources like in-home care services and senior centers. It's accessible online or via a toll-free hotline at 1-800-677-1116.

Lotsa Helping Hands: A free caregiving coordination platform that allows families to organize tasks and schedules through a private group calendar.

Respite Care Services

Senior Companions: Volunteer-based programs where seniors provide companionship and assistance to other older adults, giving family caregivers a break.

ARCH National Respite Locator Service: Helps caregivers find respite care options tailored

to their needs, including in-home or adult daycare services.

Health and Safety Resources

[Falls Prevention Resource Center](#): Offers tools to help caregivers reduce fall risks through home safety tips and exercise programs designed for older adults⁴.

[State Health Insurance Assistance Program \(SHIP\)](#): Provides free counseling in all 50 states to help navigate Medicare and other insurance complexities.

Emotional and Peer Support

[Caregiver Action Network](#): Offers education, peer support, and resources tailored for family caregivers nationwide.

[AgingCare.com Caregiver Forum](#): A vibrant online community where caregivers can share experiences, seek advice, and find emotional support.

Legal and Financial Assistance

[AARP Foundation Tax-Aide](#): Free tax preparation services for seniors and their families.

[Long-Term Care Ombudsman Program](#): Assists with resolving issues related to senior living facilities, including disputes or concerns about care quality.

Specialized Support Services

[Dementia Care Resources](#): Organizations like the Alzheimer's Association provide guidance on managing dementia-related challenges while ensuring quality care for loved ones.

[Meals on Wheels](#): Delivers free or low-cost meals to seniors at home, helping alleviate caregiving burdens related to meal preparation.
