

30 RESOURCES FOR CAREGIVERS OF INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



NOVEMBER 2024



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					1 <u>Caregiver's Guide to Sleep</u>	2 <u>Life Planning for Individuals With Disabilities: A Financial Planning Guide</u>	3 <u>Home Safety Assessment Checklist</u>
4 <u>Better Health While Aging Quick Start Guide</u>	5 <u>Care 2 Caregivers</u>	6 <u>List of Important Documents</u>	7 <u>Medication List</u>	8 <u>Blue Cross Blue Shield</u>	9 <u>LGBT Caregiving</u>	10 <u>Preparing and Getting Organized for Becoming a Caregiver</u>	
11 <u>Caring for A Child</u>	12 <u>Taking the Time to Listen as a Caregiver</u>	13 <u>Caregiver Activities, Duties and Responsibilities</u>	14 <u>Caregiver Action Network</u>	15 <u>Diverse Elders Coalition</u>	16 <u>Tips for the Family Caregiver</u>	17 <u>Managing Someone Else's Money</u>	
18 <u>Keep it Pumping</u>	19 <u>caringkind</u>	20 <u>Family Caregiver Alliance</u>	21 <u>National Alliance for Caregiving</u>	22 <u>Veterans Crisis Hotline</u>	23 <u>Advance Care Planning Go Bag</u>	24 <u>New Jersey Advance Directive Forms</u>	
25 <u>Caregiver Burnout and Fatigue</u>	26 <u>Comfort Keepers</u>	27 <u>Caregiving and the Holidays</u>	28 <u>Caregiving and Siblings</u>	29 <u>Communication</u>	30 <u>Long Distance Caregiving</u>		

