

# Help for Caregivers

## Caregiver Resources

### Area Agency on Aging –

Information and Assistance	(800) 252-9240	
Harris County	(713) 794-9001	(800) 213-8471
Houston Galveston	(713) 627-3200	(800) 437-7396
Montgomery County	(936) 756-5828	
Walker County	(936) 295-6151	

*Information, referral assistance, and supplemental services are available.*

### Caregiving

[www.caregiving.com](http://www.caregiving.com)  
[www.strengthforcaring.com](http://www.strengthforcaring.com)  
[www.ec-online.net](http://www.ec-online.net)

*A support system for caregivers with a monthly newsletter, tips on how to deal with the stresses of caregiving, and online support groups.*

### Children of Aging Parents

(800) 227-7294  
[www.caps4caregivers.org](http://www.caps4caregivers.org)

*Information and referral. Quarterly newsletter available with a reasonable membership fee.*

### The Eldercare Locator

(800) 677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

*Assistance service is designed to help older persons and caregivers locate local and national support resources for aging Americans.*

### National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org)

### National Family Caregiver Association

(800) 896-3650  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

*Information and support for individuals who provide care for others at any state of their lives or with any disease or disability.*

## Caregiver Training

### Area Agency on Aging

	(800) 252-9240	
Harris County	(713) 794-9001	(800) 213-8471
Houston Galveston	(713) 627-3200	(800) 437-7396

### The Houston Council on Alcohol and Drugs – Houston, Wellderly Program

(713) 942-4100 (877) 777-8829

*Caregiver training pertaining to alcohol and medication issues is available.*

### Memorial Hermann Hospital

(281) 929-4199  
[www.memorialhermann.org](http://www.memorialhermann.org)

*Memorial Hermann Southeast Hospital's family care-giving classes help families provide the best care possible for a loved one at home. Streamlined one-hour classes, developed by the American Red Cross, will help you enhance your caregiving skills and provide the best care possible for your love one.*