# Carepartner Support Resources

These organizations offer support and information to family carepartners.

### Caregiver.com

Coordinates a national network of support groups, financial assistance and resources for caregivers in both urban and rural areas of the U.S., offers magazine *Today*'s *Caregiver* and newsletters on caregiving.
**Phone:** 1-800-829-2734 x120
**Website**: www.caregiver.com

### Caregiver Action Network

The Caregiver Action Network educates, supports, empowers and speaks up for loved ones dealing with a chronic illness, disability or the frailties of old age. They have an online family caregiver support forum; e-newsletters with tips for caregivers; opportunities to provide their stories; and a network of volunteers who are or have been caregivers and who represent the caregiver communities at local and state levels.
**Phone:** 1-800-896-3650
**Website**: www.CaregiverAction.org

### CaringBridge®

CaringBridge provides support for anyone facing a health condition big or small, acute or long term. CaringBridge provides online support for people to post updates on health conditions; post what they need help with so that family and friends know how to be supportive. The purpose of this service is to assist people with staying connected and receiving the emotional support they need with one simple post on their personalized website.
**Website**: www.caringbridge.org/nationalmssociety

### Family Caregiver Alliance®

The Family Caregiver Alliance provides information to educate and support family caregivers.
They offer a service called the Family Care Navigator, which is meant to help caregivers navigate government, nonprofit, and private assistance programs.
**Phone:** 1-800-445-8106
**Website**: www.caregiver.org

### Lotsa Helping Hands

Lotsa Helping Hands is a free web-based service that allows family, friends, neighbors, and colleagues – the community circle of a person with MS – to more easily assist with household tasks that can become a burden during times of medical crisis. It's an easy-to-use, private group calendar, specifically designed for organizing helpers, where everyone can pitch in with meals delivery, rides, and other tasks necessary for life to run smoothly during times of medical crisis, or family caregiver exhaustion. It's also a place to keep these 'circles of community' informed with status updates, photo galleries, message boards, and more.
**Website:** www.lotsahelpinghands.org

## Multiple Sclerosis Foundation

The MS Foundation offers a variety of services for people living with MS, including a Homecare Assistance Grant Program providing direct support on a temporary basis.
**Phone:** 1-888-673-6287
**Website**: www.msfocus.org/Homecare-Grant-Program.aspx

## MSWorld®

A chat and message board site for people with MS, family members, and friends. It provides a safe and comfortable environment, offering the latest information and referrals. The website is moderated by people with MS who understand what it means to live with this disease. MSWorld also provides educational teleconferences, free webcasts, and various chat room topics such as Laughter is the Best Medicine, Primary Progressive MS / Secondary Progressive MS, Caregivers Chat, Newly Diagnosed, Family and Friends, Parents with MS.
**Website:** www.msworld.org

## Strength for Caring

Strength for Caring is a comprehensive website designed to provide family caregivers with a broad range of expert content and information, an emerging on-line community, daily inspiration and much needed support. The website offers articles on how to care for yourself while caring for others, tips for daily care, information about health conditions, message boards for advice and support and a resource center. Information and resources are also available by phone.
**Website**: www.strengthforcaring.com

## Well Spouse Association

The Well Spouse Association provides support and education for spouses and partners of people who are chronically ill and/or disabled. The Well Spouse Association coordinates a national network of support groups, among other services.
**Phone**: 1-800-838-0879
**Website**: www.wellspouse.org