



Carepartner Support Resources

Organizations offering support and information to family carepartners

National MS Society

Phone: 800-344-4867

Website: nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners

One-on-One Peer Connections

Services: The MSFriends program connects you with volunteers affected by MS. Connect with a peer support volunteer who has “been there” and can provide you with helpful tips, suggestions and emotional support via phone or email.

Website: nationalMSsociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One

Care.com

Services: Offers referrals to care providers as well as an extensive library of articles about care & caregiving.

- Care for Seniors: Search for assisted living, home care, senior caregivers, and transportation needs.
- Care for Pets: Search for pet care, boarding/kenneling, daycare, training, grooming, veterinarian needs, pet sitters, dog walkers, and transportation needs.
- Care for Your Home: Search for a personal assistant, housekeeper, or house cleaner.
- Care for Military Families: Search for any of the above categories.

Description: Care.com’s mission is to improve the lives of families and caregivers by helping them to connect in a reliable and easy way. Care.com’s solutions help families make informed decisions in one of the most important and highly considered aspects of their family life: finding and managing quality care for their loved ones. Articles are available for free on the site; however; use of the “find care” tool requires a paid membership. Monthly and annual subscriptions available.

Phone: 877-227-3115

Website: care.com

Caregiver Action Network

Services: Information, education, and support; includes forums, e-newsletters, and a network of volunteers.

Description: The **Caregiver Action Network (CAN)** is a leading non-profit family caregiver organization that works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or advancing age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a new diagnosis of MS, to adult children caring for parents with Alzheimer’s disease. CAN (formerly the National Family Caregivers Association) provides education, peer support, and resources to family caregivers across the country free of charge. Visit the site to [join CAN for free](#), view the [Family Caregiver Toolbox](#), or view [additional caregiver resources \(by topic\)](#).

Phone: 202-454-3970

Website: caregiveraction.org



Caregiver.com / Today's Caregiver Magazine

Services: Provides information, support, and services referrals. Also offers a magazine, newsletters, online forums/chat rooms, and an online store.

Description: Caregiver Media Group is a provider of information, support and guidance for family and professional caregivers. Caregiver Media Group publishes [Today's Caregiver](#), a national magazine dedicated to caregivers, produces the "Fearless Caregiver Conferences", and sponsors the national website, **(Caregiver.com)**, which includes topic-specific newsletters, online discussion lists, back issues of the magazine, chat rooms and an online store. View the '[Local Resources](#)' tab for support group referrals.

Phone: 800-829-2734

Website: caregiver.com

Caring.com

Services: Offers one-on-one, personalized guidance with a Family Advisor, a multitude of helpful tools including an [in-home care directory](#) and a [comprehensive directory of caregiving services](#), thousands of original articles, and the collective wisdom of an involved community.

Description: **Caring.com** is an online destination for caregivers seeking information and support as they care for aging parents, spouses, and other loved ones. **Caring.com's** carefully researched and expert-reviewed website content includes advice from a team of more than 50 trusted leaders in geriatric medicine, law, finance, housing, and other key areas of healthcare and eldercare.

Phone: n/a

Website: caring.com

CaringBridge

Services: Information, support, and encouragement for anyone facing a health condition big or small, acute or long term.

Description: **CaringBridge** is a non-profit organization which helps families transform their personal connections into support when it's needed most. **CaringBridge** offers free, personalized websites to people facing various medical conditions, hospitalizations, medical treatment and those recovering from a significant accident, illness, injury or procedure. Visitors who are provided the individual's personal website address and password may read updates on the individual's condition and post messages to the family. By creating a free **CaringBridge** website, people in a time of need can share updates on their loved one's health condition, post what they need help with so that family/friends know how to be supportive, and upload photos and videos, connecting the friends and family who care and want to help.

Phone: 651-789-2300

Website: caringbridge.org

Family Caregiver Alliance

Services: Information to educate and support family caregivers through national, state, and local programs and resources

Description: This community-based nonprofit organization serves as a central source of information on care giving and long-term care issues for numerous audiences including family caregivers throughout the country.



Through its National Center on Caregiving, **Family Caregiver Alliance (FCA)** illuminates the daily challenges faced by caregivers, provides caregivers with the assistance they need and deserve; and champions their cause through education, services, research, and advocacy. **FCA** offers the [Family Care Navigator](#); a state-by-state online guide to help families locate government, non-profit & private caregiver support programs. Families may visit the Caregiver Education section of the website for a wealth of caregiver information, resources and support, including [caregiving FAQs](#), [resources by health issue or condition](#), [publications](#), and [caregiving issues and strategies](#). Those with family caregiving questions/concerns may call or [email FCA](#) to request one-on-one personalized help to identify local resources and services.

Phone: 800-445-8106

Website: caregiver.org

Lotsa Helping Hands

Services: **Lotsa Helping Hands** is a support community for caregivers and those needing care. The site features a help calendar, community building features, a photo gallery, message boards, events scheduler, a vital information feature, open communities, and other resources, tips, and articles. It also offers a service to allow others to volunteer and help those in need.

Description: **Lotsa Helping Hands** powers online caring Communities that help restore health and balance to caregivers' lives. The service brings together caregivers and volunteers through online Communities to organize daily life during times of medical crisis or caregiver exhaustion in neighborhoods and communities worldwide. Caregivers benefit from the gifts of much needed help, emotional support, and peace of mind, while volunteers find meaning in giving back to those in need.

Phone: n/a

Website: lotsahelpinghands.com

MSWorld

Services: A chat and message board site for people with MS, family members, and friends, **MSWorld** provides a safe, informative and welcoming environment for all users. With more than 150,000 registered users, **MSWorld** offers various chat rooms (organized by topic), message boards, a weekly e-newsletter, event listings, and a list of educational teleconferences/ webcasts.

Description: **MSWorld** is a 'patients helping patients' program that provides support and educational information to persons affected by multiple sclerosis. The site is moderated by people with MS who understand what it means to live with the disease.

Phone: n/a

Website: msworld.org

Multiple Sclerosis Foundation (MSF)—Homecare Assistance Grant Program

Services: Serves as a liaison between the person with MS and the local resources that are available to meet his/her specific needs. The **Multiple Sclerosis Foundation Homecare Assistance Grant** specifically assists with home care, occupational/ physical/speech therapy, respite care (to allow regular caregivers a break), and assistance coming home from the hospital. Should resources within the person's community be unavailable, direct support may be provided through this program *on a temporary basis only*.

Description: The **Multiple Sclerosis Foundation** offers programming and support to help those with MS remain self-sufficient and maintain their safety within the home, while their educational programs heighten public



awareness and promote understanding about the disease. **MSF's** resources assist people living with MS, their families and caregivers, regional support groups, and healthcare professionals. Access to programs and services is available through the web site or the national, toll-free helpline staffed by support coordinators and peer counselors. All **MSF** services are provided free of charge.

Phone: 888-673-6287

Website: msfocus.org/Get-Help/MSF-Programs-Grants/Homecare-Assistance-Grant

Share the Care

Services: Whether you're a long-time or novice caregiver, or a friend who wants to help, you can benefit from a system that lets everyone share responsibilities, creates a strong support network among the individual caregivers and leads to making a profound difference in someone's life. This system, **Share the Care**, came into being through the personal experiences of the authors who came together with other loved ones to help care for a mutual friend. Since 1995, the **Share the Care™** model has assisted caregivers in creating a 'caregiving family', organizing duties/activities for the person being cared for, navigating through the complex medical maze, and transforming caregiving into a meaningful, loving experience. [Read more about the model.](#)

Description: The mission of **Share the Care** is to improve the quality of life for anyone who needs support and to reduce the stress, isolation and economic hardship of their caregivers.

Phone: 212-991-9688

Website: sharethecare.org

U.S. Dept. of Veterans Affairs (VA) Caregiver Support

Services: **The U.S. Dept. of Veterans Affairs (VA)** provides caregiver resources including a caregiver support line, support coordinators, adult day health care centers, tele-health services, and respite care, among others.

Description: **The VA** pledges to care for those who have "borne the battle," and has several support and service options designed with care partners' needs in mind. Programs are available both in and out of the home to help care partners care for the Veteran they love and for themselves.

Phone: 855-260-3274

Website: caregiver.va.gov/index.asp

Well Spouse Association

Services: Offers a national network of [in-person](#) and [telephone](#) support groups, a mentor program, [online caregiving resources](#), and [an e-newsletter](#), with resources for coping and survival skills. Also offers an online chat forum for spousal caregivers, organizes regional respite weekends, advocates on behalf of spousal caregivers, provides continuing support for members whose spouses have passed away, as well as seeks out initiatives to help caregiver spouses and their families cope with the emotional and financial stresses associated with chronic illness/disability.

Description: **The Well Spouse Association**, a non-profit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. It offers peer-to-peer support as well as educates health care professionals and the public about the special challenges and unique issues "well" spouses face every day.

Phone: 800-838-0879

Website: wellspouse.org



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The National Multiple Sclerosis Society is proud to be a source of information on multiple sclerosis related topics. The information provided is based on professional advice, published experience, and expert opinion, but does not constitute medical or legal advice. For specific medical advice, consult a qualified physician. For specific legal advice, consult a qualified attorney.