**Caregiver Support Resources**

Caregiver Support Program (Catholic Charities Indianapolis)

* Caregiver support groups are for family and friends caring for adults aged 60 and older.
* A way for individuals to meet, share with and learn from others experiencing caregiving issues.
* Depending on the month, the groups may be open discussion or there may be a focused presentation, to share skills and resources.
* Registration required.

Contact Monica Woodsworth for more Information: 317-261-3378 [mwoodsworth@archindy.org](mailto:mwoodsworth@archindy.org)

Nourish for Caregivers: <https://nourishforcaregivers.com/>

* Resources for faith based monthly caregiver support group
* Online Resources including Facebook forums, webinars, and twice weekly “house calls” for networking with other caregivers, and a place to bring questions.
* And much more!

REST (Respite Education and Support Tools): <https://www.marklund.org/get-involved-2/rest-training-program/>

* Training and tools for paid and unpaid respite workers.
* Includes a variety of courses for people who want to learn more, those who work in more of a community setting (day programs for example) and for those who will be working 1:1.

Journeyworks: [www.journeyworks.com](http://www.journeyworks.com)

* Health Promotion and Health Education Publishing
* Excellent selection of pamphlets and other resources for caregivers <https://www.journeyworks.com/Caregiving/departments/460/>

Caregiver Action Network (CAN) <https://caregiveraction.org/>

* Caregiver help desk
* Caregiver “Tool Box” <https://caregiveraction.org/family-caregiver-toolbox>
* Forums

Arch National Respite Network and Resource Center <https://archrespite.org/>

* Respite Locator: <https://archrespite.org/respitelocator>
* webinars and training
* Other publications and resources.

CICOA (Aging and In-Home Solutions) <https://cicoa.org/>

* Many services including transportation, senior meals and nutrition, IDD case management, in home accessibility modifications and much more!
* Many resources for Caregivers including CareAware line, workshops, video series and much more.

**Resources for Advanced Care Planning Conversations:**

Archdiocese of Indianapolis Hospice & Palliative Care Website

* [www.archindy.org/humanlifeanddignity/hospice.html](http://www.archindy.org/humanlifeanddignity/hospice.html)

Archdiocese of Boston Webinar on Advance Care Planning Conversations

* <https://www.bostoncatholic.org/webinar-if-not-nowwhen-advance-care-planning-conversations-we-all-need-have>

The Conversation Project

* <https://theconversationproject.org/>

**Books, Blogs and Other Resources**

“The Heart of the Caregiver” (Mary Tutterow)

* (online or book version- 10 Lessons)
* <https://marys-school-a263.thinkific.com/courses/the-heart-of-the-caregiver>
* <http://marytutterow.com/>

“Raising a Child with Autism” (Timothy Fountain)

* The Book: <https://www.amazon.com/Raising-Child-Autism-Timothy-Fountain/dp/1938499387>
* The Blog: <https://caregivingstinks.com/>

“Navigating Deep Waters” (and several others) (Jeannie Ewing)

* <https://jeannieewing.com/blog/>
* Several books, on grief, caregiving, and parenting

“Special Children, Blessed Fathers” by Randy Hain and others

* <https://www.amazon.com/Special-Children-Blessed-Fathers-Encouragement/dp/1941447112>
* Collections of stories and encouragement from several men who are fathers of children with disabilities.