



Resources and Benefits for Caregivers

The series of Caregiver Broadcast is presented by the U.S. Department of Health and Human Services (DHHS) New Freedom Initiative (NFI) Subcommittee on Caregiving. The Committee was established to work across DHHS and includes representation from all agencies within the Department as well as other Federal partners.

The resources contained in this document are drawn from numerous sources by NFI Subcommittee on Caregiving members, speakers and other stakeholders. This Resource List is not intended to be exhaustive or all-inclusive. CMS does not endorse specific products or services of non-federal institutions.

New Freedom Initiative Subcommittee on Caregiving

www.hhs.gov/od/about/fact_sheets/fs4_caregiving.html

This web page, housed on the HHS Office of Disability website, contains background information on the New Freedom Initiative Subcommittee on Caregiving.

Ask Medicare

www.medicare.gov/caregivers/

The Centers for Medicare and Medicaid Services (also known as CMS) has launched an initiative to begin a conversation with people who provide care for a loved one, friend or neighbor. The **Ask Medicare** initiative provides information, tools and materials to assist the caregiver and their loved ones in making informed healthcare decisions. On the website you can also sign up for an e-newsletter for caregivers which is emailed bi-monthly to individuals who sign up. The newsletter provides information on important dates such as open enrollment, changes in the program, etc.

If the loved one you care for is in need of services:

Administration on Aging

www.aoa.gov/

The mission of the Administration on Aging is to assist elderly individuals maintain their independence and dignity in their homes and communities through comprehensive, coordinated, and cost effective systems of home and community-based long-term care across the U.S. AoA works in close collaboration with the Aging Network of states, Area Agencies on Aging, and local community service provider agencies- the most visible, trusted community resources for information access and services.



Information to Help You Care for Others

Visit medicare.gov/caregivers

