

## Caregiving Across Communities Panel Resources

Please see below a compilation of caregiving resources organized by technical assistance resource center. For more information, please explore the [OAEC Resource Library](#), and the Administration for Community Living's [webpage on Older Americans Month](#).

### [SAGE](#)

Resource	Description	Link & Languages Available
<b>Caregiving in the LGBT Community: A Guide to Engaging and Supporting LGBT Caregivers through Programming</b>	Provides an overview of caregiving in the LGBT community along with specific ideas, lessons learned, and best practices for expanding programming to reach and include LGBT caregivers and those caring for LGBT older adults. Useful for providers serving LGBT people as well as those serving caregivers.	<a href="#">View resource</a>
<b>LGBTQ+ Advance Care Planning Toolkit</b>	A step-by-step guide for the LGBTQ+ community to prepare for future healthcare needs and end-of-life decisions. Covers health care proxies, palliative and hospice care, caregiver advice, memorial and burial options, and bereavement support, with guidance on extra protections to ensure dignity and avoid discrimination.	<a href="#">View resource</a>
<b>LGBTQ+ Inclusive Home Care Readiness Checklist: A Guide for Clients, Prospective Clients, and Loved Ones</b>	A practical checklist to help LGBTQ+ older adults, their loved ones, and caregivers evaluate whether a home care provider is welcoming and inclusive. Highlights best practices such as mirroring a client's language and asking open-ended questions to ensure clients feel respected and safe.	<a href="#">View resource</a>

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<b>Caregiving During a Pandemic Part II: Dealing with Grief, Challenging Behaviors and Difficult Emotions</b>	Educates the audience on tools, tips, best practices, and resources to deal with difficult emotions while caring for a loved one during a pandemic.	<a href="#">Watch webinar</a>
<b>Social Security: Financial Stats &amp; Steps for Caregivers</b>	Shares financial statistics and steps explaining the ways Social Security benefits assist older adults and caregivers. Resources are distributed.	<a href="#">Watch webinar</a>
<b>Living With a Serious Illness: How Palliative Care Can Help</b>	Educates the audience on what palliative care is, how it differs from hospice care, knowing when it's time for palliative care, and how it can help you or your loved one when dealing with a serious illness. Resources are shared.	<a href="#">Watch webinar</a>
<b>Falls Prevention: What You and Your Caregiver Should Know</b>	Shares information on preventing falls at home and in the community, and how older adults and their caregivers can practice and achieve safety measures. Resources are distributed.	<a href="#">Watch webinar</a>
<b>Ageing Well and in Place: Steps to Help You and Your Family Prepare</b>	Informs the audience on the steps, preparation, practices, and resources needed to age in place safely for themselves and their family caregivers.	<a href="#">Watch webinar</a>
<b>Diabetes and Your Eye Health: Advocating for Quality Eye Care</b>	Educates attendees on advocating for quality eye health as they care for loved ones with diabetes and navigate the health system. Resources are shared.	<a href="#">Watch webinar</a>
<b>Caregiving and Elder Mistreatment</b>	Educates older adults and caregivers on how to recognize elder abuse, neglect, and mistreatment, and how to stay alert and informed while promoting elder safety. Resources are shared.	<a href="#">Watch webinar</a>
<b>Caregiving, Elder Abuse and Mistreatment</b>	Educates all attendees and caregivers on the important role everyone plays in promoting elder safety by recognizing	<a href="#">Watch webinar</a>

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	abuse and mistreatment. Resources are shared.	
<b>Preparedness 1: Disaster and Emergency Preparedness Training</b>	Informs the audience how to prepare for unforeseen natural disasters or emergencies that may affect their homes, communities, or states. Resources are shared.	<a href="#">Watch webinar</a>
<b>Preparedness For All Ages: A Lasting Legacy</b>	Teaches the audience how to prepare for emergencies and how such preparation can be an intergenerational legacy. Resources are shared.	<a href="#">Watch webinar</a>
<b>Preparing for Wildfires, Hurricanes and their Prolonged Risks</b>	Teaches attendees how to prepare for wildfires, wildfire smoke, and hurricanes, and how to stay safe during the prolonged risks they create. Resources are shared.	<a href="#">Watch webinar</a>
<b>Preparing for Tornadoes, Floods, Hurricanes and Their Long-term Effects</b>	Teaches tools to help the audience be and stay Red Cross Ready during climatic disasters and through their prolonged effects on the community. Resources are shared.	<a href="#">Watch webinar</a>
<b>Hurricane and Flood Preparedness: Before, During, and After</b>	Informs attendees how to prepare and plan for hurricane and flood disasters, teaching them why safety matters and how to Be Red Cross Ready. Resources are shared.	<a href="#">Watch webinar</a>

[UIC-ASIAAN](#)

Resource	Description	Link & Languages Available
<p><b>Benefits Planning Webinar for Older Adults with FAQ Handout</b></p>	<p>This webinar provides guidance and information on benefits planning related to Social Security, Medicare, Medicaid, and more. An FAQ document for all languages is available to view alongside the videos on the ASIAAN website.</p>	<p><a href="#">View webinar</a> <i>Languages: English, Korean, Mandarin, Vietnamese, and Hindi</i></p>
<p><b>Benefits Navigation Toolkit: Short Videos and Handouts</b></p>	<p>“Benefits Literacy Toolkit” is a series of learning modules offering guidance on a range of public benefits for older adults. Topics covered include health navigation, food assistance, language assistance, and income assistance.</p>	<p><a href="#">View toolkit</a> <i>Languages: English, Hindi, and Vietnamese</i></p>
<p><b>Fall Prevention Webinar for Older Adults: What You and Your Caregiver Should Know</b></p>	<p>This webinar focuses on fall prevention strategies specifically tailored for Asian American and Pacific Islander (AAPI) older adults. Experts Dr. Tanvi Bhatt and Dr. Jenica Lee provide insights into effective fall prevention techniques and interventions.</p>	<p><a href="#">View webinar</a> <i>Languages: English, Hindi, Vietnamese, Mandarin, Cantonese, and Korean</i></p>
<p><b>Preventing Falls at Home Informational Handout</b></p>	<p>This handout shares information on preventing falls at home and in the community.</p>	<p><a href="#">View handout</a> <i>Languages: English, Tagalog, Korean, Vietnamese, Hindi, and Simplified Chinese</i></p>
<p><b>Advanced Care Planning for Older Adults Webinar</b></p>	<p>This webinar addresses questions older adults and caregivers might have about future medical care decisions. Expert panelists—including Jim Berchtold (Justice in Aging), Edie Yau and Mary Fus (Alzheimer’s Association), and Pooja Patel (Aging Together)—discuss advance care planning, available resources, and best practices for supporting AAPI elders and their families.</p>	<p><a href="#">View webinar</a> <i>Languages: English, Tagalog, Hindi, Mandarin, Cantonese, and Vietnamese</i></p>
<p><b>Dementia Caregiving Three-Part Video Series</b></p>	<p>This series educates viewers on critical aspects of caregiving for older adults with dementia. The three short videos cover</p>	<p><a href="#">Understanding Dementia</a></p>

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	<p>understanding dementia, caregiver self-care strategies, and tips on preparing for ongoing care.</p>	<p><a href="#">Caregiver Self-Care Strategies</a>  <a href="#">Preparing for Ongoing Care</a></p> <p><i>Languages: English, Hindi, Urdu, Mandarin, and Korean. Note: translations are not posted on YouTube but are available upon request from the ASIAAN team.</i></p>
<p><b>Asian Americans, Aging, and Caregiving Training Video</b></p>	<p>“Asian Americans, Aging, and Caregiving” is a learning module offering a broad overview of cultural perspectives related to aging and caregiving, as well as service disparities experienced by AAPI older adults. It can be used to educate current service providers and the future workforce, including students in health and social science majors.</p>	<p><a href="#">View training video</a></p> <p><i>Languages: English</i></p>

**NHCOA**

Resource	Description	Link & Languages Available
<p><b>Clases Virtuales de Tecnología (NHCOA’s Technology Classes)</b></p>	<p>NHCOA’s virtual technology classes help Hispanic older adults build digital skills and confidence using everyday technology. Programming is offered in a linguistically and culturally relevant, age-appropriate format to help Latino older adults stay connected and engaged.</p>	<p><a href="#">Register here</a></p>

## Other Resources Mentioned

Resource	Description	Link & Languages Available
<b>Senior Planet from AARP – OATS</b>	Senior Planet is the flagship program of Older Adults Technology Services (OATS) from AARP. It offers free courses, lectures, workshops, and a tech support hotline to help older adults build digital skills across financial security, social engagement, creative expression, and health and wellness.	<a href="#">Visit website</a>
<b>AI for Seniors: Beginner-Friendly Introduction to AI – Lesson 1: What Is AI?</b>	A beginner-friendly video introduction to artificial intelligence for older adults. Lesson 1 explains what AI is in accessible terms as the starting point of an introductory series.	<a href="#">Watch on YouTube</a>
<b>Caregiver Action Network: Support for Millions of Family Caregivers</b>	The Caregiver Action Network is a national nonprofit providing free education, peer support, and resources to family caregivers across the country, regardless of the age or condition of their loved one.	<a href="#">Visit website</a>
<b>Lori’s Hands – Community Health Service Learning</b>	Lori’s Hands is a nonprofit that pairs college student volunteers with community members living with chronic illness. Students provide practical, non-medical assistance while gaining hands-on experience that informs their understanding of caregiving and chronic illness.	<a href="#">Visit website</a>