

## FUMC Care Giver Web Links

### Organizations/Institutions

#### National

- Medicare: <https://www.medicare.gov/>
- Veterans' Health Administration: <https://www.va.gov/health/>
- American Association of Retired Persons: <https://www.aarp.org/caregiving/>  
(specialized care, coping, care at home, caregiver resource center)
- Alzheimer's Association: <https://www.alz.org/help-support/caregiving>  
(24/7 hotline, stages and behaviors, educational programs and dementia care resources, caregiver help, support groups, activities, communication and Alzheimer's)

#### State

- Arkansas Aging Wiser: <https://www.facebook.com/people/Arkansas-Aging-Wiser/61557016094690/>
- Alzheimer's Arkansas: <https://www.alzark.org/> (volunteer opportunities available)  
(care giver workshops, coffee with caregivers, lunch & learn, podcast, support groups, etc.)
- United Way, 211 Assistance: <https://arkansas211.org/> (free confidential multilingual way to connect with local resources for good, shelter, rental assistance, childcare, etc.)

#### Local

American Association of Retired People, Arkansas: <https://states.aarp.org/arkansas/>  
(links, resources, programs for elderly and care giving Arkansans) and AARP:  
<https://states.aarp.org/arkansas/caregiver-resources?CMP=OTH-CAREGIVING-STATEGUIDE-AR>

#### Conway Regional:

<https://www.conwayregional.org/services/senior-health>  
(senior counseling center, senior behavioral care, wellness)

#### Baptist Health:

- <https://www.baptist-health.com/services/senior-health/>
- Menopause, Osteoporosis, Geriatric Fractures, Alzheimer's Disease, Heart Health, Home Health,
  - Hospice, PACE: all-inclusive medical and respite care for seniors who remain in their home  
<https://www.baptist-health.com/blog/aging-and-mental-health-what-to-look-for/>
  - BHealthy Blog: addresses mental, emotional, and physical issues with aging  
<https://www.baptist-health.com/services/behavioral-health/geriatric-behavioral-health/>
  - Geriatric Behavioral Program (LR and Fort Smith): psychiatric counseling services

### Activities

·Alzheimer's Arkansas (see main link above)

Family Caregiver Care Binder:

<https://www.alzark.org/wp-content/uploads/2023/02/Care-Binder.pdf>

Creating a Memory Book:

<https://www.alzark.org/wp-content/uploads/2022/10/Memory-Book.pdf>

- Faulkner County Library: <https://fcl.org/departments/adults/> , <https://fcl.org/images/uploads/20241229/hq-jan-adult-calendar-37780.png> (author readings, concerts, programs, chair yoga, Alzheimer’s Arkansas Lunch and Learn, AR Aging Wiser “Wiser Wednesdays”, etc.)
- Faulkner County Senior Citizens: <https://fcseniors.com/> (home delivered meals, congregate meals, transportation, complimentary services, etc.)

## Care Giving Services & Support

- Alzheimer’s Arkansas Caregivers Support Group: <https://www.facebook.com/groups/500115774003901> private confidential group: log on to Facebook and ask to join
- Alzheimer’s Arkansas Emergency Preparedness Checklist: <https://www.alzark.org/wp-content/uploads/2022/10/EMERGENCY-PREPARATION-1.pdf>
- Arkansas Total Care: <https://www.arkansastotalcare.com/members/caregiver-resources.html> provides extra support needed as caregivers assist others.
- Care Link: <https://www.carelink.org/> (nonprofit connecting resources to help active and homebound older people and their caregivers)
- Cornerstone Care: <https://cornerstonecaregiving.com/> (personal care, 24-hour care, respite care, veterans’ care (works with VA), hospital recovery care, hospice and palliative care, Alzheimer’s and Dementia care)
- Diamond Personal Care: <https://www.dpc-ar.com/> (in-home assistance, housekeeping, transportation, companionship, meal preparation, shopping)
- Home Instead: <https://www.homeinstead.com/ppc/home-care/> (personalized elderly care for all stages of aging)
- SeniorKare: The In-Home Experts: <https://inhomeseniorkare.com/> (respite care, personal care, caregiver support)
- Southern Caregivers: <https://www.southern-caregivers-ar.com/> (in-home personal and intellectual and development care for clients)
- Visiting Angels: [https://www.visitingangels.com/homecare-services?utm\\_call=stamats&gclid=CjwKCAjw65-zBhBkEiwAjrqRMFA9ek4iDGgK00b65YzOfzUzfPtqqbObXMct72vgY626KHLuOZPQuRoCgzMQAvD\\_BwE](https://www.visitingangels.com/homecare-services?utm_call=stamats&gclid=CjwKCAjw65-zBhBkEiwAjrqRMFA9ek4iDGgK00b65YzOfzUzfPtqqbObXMct72vgY626KHLuOZPQuRoCgzMQAvD_BwE) (personalized elderly care for all stages of aging)

## Downloads

- Caption Telephone Messaging: <https://www.captel.com/>