

# Helpful Resources for Family Caregivers

**Sean Brotherson, Ph.D.**  
Extension Family Science Specialist

One of the most important aspects of managing life as a family caregiver is accessing useful resources that can provide needed knowledge and skills. The list of helpful resources below provides information about educational materials and support organizations related to family caregiving.

## The North Dakota Family Caregiver Project

North Dakota State University received Older Americans Act funds from the Department of Human Services, Aging Services Division, to develop the North Dakota Family Caregiver Project. The purpose of the project is to develop training and educational materials to provide support services to informal caregivers through the North Dakota Family Caregiver Support Program. Education and proper support can help make your caregiving experience successful. Let us help you make a difference in someone's life. The program is directed by Marlys Bratteli, assistant professor at North Dakota State University. Educational materials and resources that may be downloaded from the project Web site at NDSU include:

- How We Age
- Personal Care Tasks
- Family Relations and Caregiving
- End of Life Issues
- Caregiver Abuse, Neglect and Exploitation
- Assistive Technology and Older Adults
- Behavior Management
- Personal Care Challenges
- Nutrition Counseling
- Caregiver Stress and Coping
- Financial Counseling and Planning

These materials can be accessed on the Internet at [www.ndsu.nodak.edu/ndsu/caregiver/education/index.html](http://www.ndsu.nodak.edu/ndsu/caregiver/education/index.html)

North Dakota Family Caregiver Project  
EML 277F  
North Dakota State University  
Fargo, ND 58105  
Phone: (701) 231-7391  
Fax: (701) 231-9645  
E-mail: [marlys.bratteli@ndsu.nodak.edu](mailto:marlys.bratteli@ndsu.nodak.edu)

**NDSU**  
**Extension Service**

North Dakota State University  
Fargo, North Dakota 58105

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## North Dakota Senior Information

The North Dakota Senior Facilities Locator is an ambitious project intended to help individuals and caregivers locate facilities that provide services to seniors in North Dakota. It is part of a larger initiative sponsored by the North Dakota Department of Human Services that focuses on informal caregiving in the state.

Visit the North Dakota Senior Information's Web site to learn more:

[www.ndsu.nodak.edu/sdc/ndseneiorinfo/](http://www.ndsu.nodak.edu/sdc/ndseneiorinfo/)

## North Dakota Department of Human Services

For more information regarding North Dakota aging service programs, call the ND Senior Info-line at (800) 451-8693 or by e-mail at [dhhsrinf@state.nd.us](mailto:dhhsrinf@state.nd.us). Or, contact your local Human Service Center:

City	Phone	Toll-Free
Williston	(701) 774-4600	(800) 231-7724
Minot	(701) 857-8500	(888) 470-6968
Devils Lake	(701) 665-2200	(888) 607-8610
Grand Forks	(701) 795-3000	(888) 256-6742
Fargo	(701) 298-4500	(888) 342-4900
Jamestown	(701) 253-6300	(800) 260-1310
Bismarck	(701) 328-8888	(888) 328-2662
Dickinson	(701) 227-7500	(888) 227-7525

## National Organization for Empowering Caregivers

[www.care-givers.com](http://www.care-givers.com)

## The Growth House

Growth House, Inc., provides this award-winning portal as your international gateway to resources for coping with life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration.

[www.growthhouse.org](http://www.growthhouse.org)

## Legacy Caregiver Services

Providing care for a family member or friend can be both rewarding and challenging. Legacy Caregiver Service's motto is "Helping Families Help Themselves." Friendly, knowledgeable staff are available by telephone or in person to answer your questions and provide you with helpful resources.

[www.legacyhealth.org/healthcare/caregiver](http://www.legacyhealth.org/healthcare/caregiver)

## Get Care

This site is designed to help you learn about the full spectrum of services available to help older and disabled Americans live as independently as possible, with the dignity they deserve.

[www.getcare.com](http://www.getcare.com)

## Home Care Companion

Providing caregivers with the tools, skills, and knowledge they need to fulfill their caregiving role.

[www.homecarecompanion.com](http://www.homecarecompanion.com)

## Family Caregiving Alliance

On-line discussion and support groups, fact sheets.

[www.caregiver.org](http://www.caregiver.org)

## American Society on Aging

A nonprofit organization committed to enhancing the knowledge and skills of those working with older adults and their families. Explore our publications and resources, our educational programs and diversity initiatives, and share knowledge with the largest network of professionals in the field of aging.

[www.asaging.org](http://www.asaging.org)

## CareGuide

Care for the caregiver, care at home, care alternatives, legal and financial.

[www.careguide.com](http://www.careguide.com)

## Care Pathways

Care Pathways is an Internet community created and maintained by registered nurses (RNs) dedicated to providing seniors and their families access to quality information and creditable services.

[www.carepathways.com](http://www.carepathways.com)

## The Center for Family Caregivers

The Center for Family Caregivers, a non-profit organization, is dedicated to providing support and educational materials to family caregivers.

[www.familycaregivers.org](http://www.familycaregivers.org)

## Age Net Elder Network

Solutions for better aging and caregiver support.

[www.agenet.com](http://www.agenet.com)

## Caregiver Information

A guide to general caregiving information including medication guidelines, bowel and bladder, nutrition, skin and mouth care, fever, environmental concerns and infection control as well as finding/hiring help. Also provides information about stroke, brain injury, Alzheimer's, adapted leisure and relaxation.

[www.caregiver-information.com](http://www.caregiver-information.com)

## ElderCare Online

ElderCare Online is a beacon for people caring for aging loved ones. Whether you are caring for a spouse, parent, relative or neighbor, we are committed to providing an online community where supportive peers and professionals help you improve quality of life for yourself and your elder.

[www.ec-online.net](http://www.ec-online.net)

## Extended Care

For seniors, those who care about them, hospitals, and extended-care providers, [extendedcare.com](http://extendedcare.com) is a trusted resource.

[www.extendedcare.com](http://www.extendedcare.com)

## How to Care

How to Care is here to help you manage the realities of caring for others and yourself by supplying practical, portable information on the issues we know you will confront.

[www.howtocare.com](http://www.howtocare.com)

## Family Care America

Working with corporate and community partners and employers nationwide, we help family caregivers help themselves and the ones they love.

[www.familycareamerica.com](http://www.familycareamerica.com)

## The Family and Workplace Connection

Many employers have found that helping employees care for older parents/relatives increases loyalty, reduces absenteeism, and improves morale.

[www.familyandworkplace.org](http://www.familyandworkplace.org)

## Caregiver Coordinators in North Dakota

### Region I: Williston

Karen Quick..... (701) 774-4685

### Region II: Minot

Theresa Flagstad ..... (701) 857-8654

### Region III: Devils Lake

Kim Helten..... (701) 665-2269

### Region IV: Grand Forks

Raeann Johnson ..... (701) 795-3000

### Region V: Fargo

LeAnne Thomas ..... (701) 298-4480

### Region VI: Jamestown

Carrie Thompson-Widmer ..... (701) 253-6395

### Region VII: Bismarck

Judy Tschider ..... (701) 328-8776

### Region VIII: Dickinson

Michelle Sletvold ..... (701) 227-7582

Family caregiving presents challenges and opportunities. Caregivers and family members benefit as they identify useful resources and access them for information and support. Education and support are critical to enhancing the experience of family caregiving.

**For more information on this and other topics, see: [www.ag.ndsu.edu](http://www.ag.ndsu.edu)**