

# Caregiving Resources for Older Women



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## Introduction

According to the U.S. Department of Labor, almost [1 in 4 older women provide some form of unpaid caregiving](#) on any given day. Together, that adds up to nearly 27 million hours of support to family and friends every day.

Although being a caregiver can be rewarding and personally satisfying, it can come at a significant personal cost if the caregiver doesn't have the support, resources, and opportunities for rest and self-care they need to maintain their health and well-being.

If you are caring for a family member or friend, whether that person lives in your home, down the street, or miles away, it's important to take care of yourself, too. The Administration for Community Living funds a variety of programs that provide — or can help connect you to — resources and support services. This fact sheet can help you get started.

## Help finding services and resources

Through the [National Family Caregiver Support Program \(NFCSP\)](#), ACL provides funding to all states and territories to help them provide respite care services, training, support groups and individual counseling, information about caregiver resources and how to access them, and other services to caregivers.

ACL's [Eldercare Locator](#) can help you find the services and resources described in this fact sheet, including those provided in your state through the NFCSP and others available in your community. Eldercare Locator information specialists are available Monday-Friday, 8:00 a.m.–9:00 p.m. ET. Call or text them at 800-677-1116, [start an online chat](#), [email Eldercare Locator staff](#), or browse the website 24/7.

## Services and resources for caregivers

### Respite care services

Respite care gives caregivers a break from caregiving responsibilities so they can take care of other tasks or simply rest. Caregivers can use respite breaks to do the things that help them recharge — go to lunch with friends, go for a walk, go to a doctor's appointment, or just take a nap. No matter how respite breaks are spent, they can help prevent burnout and improve energy and motivation, which is good for you *and* can help you provide even better care. Respite care can be provided by family, friends, volunteers, or professionals.

To help you find respite care services, ACL funds the [ARCH National Respite Network and Resource Center](#). The website offers a variety of resources, including fact sheets, planning guides, and tools to find resources in your area. In addition, ACL funds [statewide Lifespan Respite Programs in 23 states](#) to provide accessible, coordinated, community-based respite care services.

### Senior centers

Finding time to connect with others, exercise, and participate in activities you enjoy is important for your health and well-being. Your local senior center can be an excellent resource for all those things. Many centers offer programs and services specifically for caregivers. ACL funds thousands of senior centers in communities across America that support overall wellness and can help connect you to services and resources.

## Transportation services

Older caregivers sometimes find it challenging to help the person they support find transportation to medical and other appointments, such as getting together with others for a congregate meal at a senior center. ACL funds programs across the country that annually provide almost 15 million rides for older adults.

## Financial planning support

Personal finances and financial security in older age can be a significant source of stress for family caregivers. ACL funds the Women's Institute for Secure Retirement, or WISER, to help older women plan for retirement age. WISER has developed specific [resources for family caregivers](#), including guidance on planning for caregiving expenses, creating a household budget, securing your retirement, and other topics that can empower caregivers.

## Support for caregivers of people with Alzheimer's disease and other dementias

Older women who are caring for a loved one with dementia face unique challenges that require specialized assistance. ACL's [Alzheimer's Disease Programs Initiative](#) provides grants to states, communities, and tribal organizations to support person-centered, home and community-based services to people with Alzheimer's disease and related dementias. The programs in each state understand the challenges that older caregivers face and can suggest proven strategies to help.

## Caregiver training

People often don't think of training when they take on the role of caregiver and responsibilities that come with supporting a loved one. But caregivers who have received training often feel more prepared, knowledgeable, efficient, and empowered. ACL's National Family Caregiver Support Program provides caregiver training in every state. Programs vary from community to community, but commonly include things like teaching caregivers how to safely help another person with bathing, dressing, and other activities of daily living and how to effectively manage challenging behaviors that often accompany dementia.

## Working toward a brighter future

In 2022, ACL worked with two volunteer caregiver advisory councils to deliver to Congress the [National Strategy to Support Family Caregivers](#). Created with extensive input from family caregivers, the strategy presents a vision, establishes goals, and provides recommendations for ensuring that family caregivers have the support and resources they need. It also includes nearly 350 specific federal actions to implement these recommendations, most of which are completed or underway. These actions have created new initiatives that directly support caregivers, strengthen existing programs, improve coordination across the federal government, and represent the first steps in a comprehensive national effort to provide the resources caregivers need to maintain their health, well-being, and quality of life.