



# Carepartner Support Resources for People Affected by MS

## National MS Society

**Phone:** 800-344-4867

**Website:** [nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners](http://nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners)

## One-on-One Peer Connections

**Description:** The MSFriends program connects you with volunteers affected by MS. Connect with a peer support volunteer who has “been there” and can provide you with helpful tips, suggestions and emotional support via phone or email.

**Website:** [nationalMSSociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One](http://nationalMSSociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One)

---

## Care.com

**Services:** Offers referrals to care providers and a library of articles about care & caregiving.

- Care for Seniors: Search for assisted living, home care, adult day health, independent living, and transportation needs.
- Care for Pets: Search for pet sitting, walking, day care, boarding/kenneling, training and grooming.
- Care for Your Home: Search for a personal assistant, housekeeper, or house cleaner.

**Description:** Care.com’s mission is to improve the lives of families and caregivers by helping them to connect in a reliable and easy way. Care.com’s solutions help families make informed decisions in one of the most important and highly considered aspects of their family life: finding and managing quality care for their loved ones. Articles are available for free on the site; however, use of the “find care” tool requires a paid membership. Monthly and annual subscriptions available.

**Phone:** 877-227-3115

**Website:** [care.com](http://care.com)

## Caregiver Action Network

**Services:** Caregiving advice, support, and information; includes forums, e-newsletters, and a network of volunteers.

**Description:** The Caregiver Action Network (CAN) is a leading non-profit family caregiver organization that works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or advancing age. CAN provides education, peer support, and resources to family caregivers across the country free of charge. Visit the site to [join CAN for free](#), view the [Family Caregiver Toolbox](#), or view [additional caregiver resources \(by topic\)](#).

**Phone:** 202-454-3970

**Website:** [caregiveraction.org](http://caregiveraction.org)

## Caregiver.com / Today’s Caregiver Magazine

**Services:** Provides information, support, and services referrals. Also offers a magazine, newsletters, and online forums.

**Description:** Caregiver Media Group is a provider of information, support, and guidance for family and professional caregivers. Caregiver Media Group publishes [Today's Caregiver](#), a national magazine dedicated

to caregivers, produces the "Fearless Caregiver Conferences", and sponsors the national website, Caregiver.com. The website includes resource articles, topic-specific newsletters, online discussion lists, back issues of the magazine, and a search tool for programs and services. View the '[Local Resources](#)' tab for support group referrals.

**Phone:** 800-829-2734

**Website:** [caregiver.com](http://caregiver.com)

### **Caring.com**

**Services:** Provide personal, one-on-one guidance with a Family Advisor, thousands of original articles, helpful tools, service referral directories, and the collective wisdom of an involved community.

**Description:** Caring.com includes resources and search tools for assisted living, memory care, senior living, home care, and senior care. Caring.com's carefully researched and expert-reviewed website content includes advice from a team of more than 50 trusted leaders in geriatric medicine, law, finance, housing, and other key areas of healthcare and eldercare.

**Phone:** (800) 973-1540

**Website:** [caring.com](http://caring.com)

### **CaringBridge**

**Services:** Develop a free, personalized website for sharing health updates with your community; as well as information and expert advice on healing, caregiving and helping others.

**Description:** CaringBridge is a non-profit organization which helps families transform their personal connections into support when it is needed most. CaringBridge offers free, personalized websites to people facing various medical conditions, hospitalizations, medical treatment, and those recovering from a significant accident, illness, injury, or procedure. By creating a free CaringBridge website, people in a time of need can share updates on their loved one's health condition, post what they need help with so that family/friends know how to be supportive; connecting the friends and family who care and want to help.

**Phone:** 651-789-2300

**Website:** [caringbridge.org](http://caringbridge.org)

### **Family Caregiver Alliance**

**Services:** Information to educate and support family caregivers through national, state, and local programs and resources.

**Description:** This community-based nonprofit organization serves as a central source of information on care giving and long-term care issues. Through its National Center on Caregiving, Family Caregiver Alliance (FCA) illuminates the daily challenges faced by caregivers, provides caregivers with the assistance they need and deserve, and champions their cause through education, services, research, and advocacy. FCA offers the [Family Care Navigator](#); a state-by-state online guide to help families locate government, non-profit & private caregiver support programs. Families may visit the Caregiver Education section of the website for a wealth of caregiver information, resources and support, including [caregiving FAQs](#), [resources by health issue or condition](#), [publications](#), and [caregiving issues and strategies](#). Those with family caregiving questions/concerns may call or [email](#) FCA to request one-on-one personalized help to identify local resources and services.

**Phone:** 800-445-8106

**Website:** [caregiver.org](http://caregiver.org)

### **Lotsa Helping Hands**

**Services:** Lotsa Helping Hands is a support community for caregivers and those needing care. The site features a help calendar, community building features, a photo gallery, message boards, events scheduler, a

vital information feature, open communities, and other resources, tips, and articles. It also offers a service to allow others to volunteer and help those in need.

**Description:** Lotsa Helping Hands powers online caring Communities that help restore health and balance to caregivers' lives. The service brings together caregivers and volunteers through online Communities to organize daily life during times of medical crisis or caregiver exhaustion. Caregivers benefit from the gifts of much needed help, emotional support, and peace of mind, while volunteers find meaning in giving back to those in need.

**Website:** [lotsahelpinghands.com](http://lotsahelpinghands.com)

### **MSWorld**

**Services:** A chat and message board site for people with MS, family members, and friends, MSWorld provides a safe, informative, and welcoming environment for all users. MSWorld offers various chat rooms (organized by topic), message boards, a weekly e-newsletter, event listings, and a list of educational teleconferences/ webcasts.

**Description:** MSWorld is a 'patients helping patients' program that provides support and educational information to persons affected by multiple sclerosis. The site is moderated by people with MS who understand what it means to live with the disease.

**Website:** [msworld.org](http://msworld.org)

### **Multiple Sclerosis Foundation (MSF)—Homecare Assistance Grant Program**

**Services:** Serves as a liaison between the person with MS and the local resources that are available to meet their specific needs. The Multiple Sclerosis Foundation Homecare Assistance Grant specifically assists with home care, occupational/ physical/speech therapy, respite care (to allow regular caregivers a break), and assistance coming home from the hospital. Should resources within the person's community be unavailable, direct support may be provided through this program *on a temporary basis only*.

**Description:** The Multiple Sclerosis Foundation offers programming and support to help those with MS remain self-sufficient and maintain their safety within the home, while their educational programs heighten public awareness and promote understanding about the disease. MSF's resources assist people living with MS, their families and caregivers, regional support groups, and healthcare professionals. Access to programs and services is available through the web site or the national, toll-free helpline staffed by support coordinators and peer counselors. All MSF services are provided free of charge.

**Phone:** 888-673-6287

**Website:** [msfocus.org/Get-Help/MSF-Programs-Grants/Homecare-Assistance-Grant](http://msfocus.org/Get-Help/MSF-Programs-Grants/Homecare-Assistance-Grant)

### **Share the Care**

**Services:** Whether you are a long-time or novice caregiver, or a friend who wants to help, you can benefit from a system that lets everyone share responsibilities, creates a strong support network among the individual caregivers and leads to making a profound difference in someone's life. The *Share the Care™* model has assisted caregivers in creating a 'caregiving family', organizing duties/activities for the person being cared for, navigating through the complex medical maze, and transforming caregiving into a meaningful, loving experience. [Read more about the model.](#)

**Description:** The mission of Share the Care is to improve the quality of life for anyone who needs support and to reduce the stress, isolation, and economic hardship of their caregivers.

**Phone:** 212-991-9688

**Website:** [sharethecare.org](http://sharethecare.org)

## **U.S. Dept. of Veterans Affairs (VA) Caregiver Support**

**Services:** Caregiver resources including a caregiver support line, support coordinators, adult day health care centers, tele-health services, and respite care, among others.

**Description:** The VA pledges to care for those who have "borne the battle," and has several support and service options designed with care partners' needs in mind. Programs are available both in and out of the home to help care partners care for the Veteran they love and for themselves.

**Phone:** 855-260-3274

**Website:** [caregiver.va.gov/index.asp](https://caregiver.va.gov/index.asp)

## **Well Spouse Association**

**Services:** Offers a national network of [in-person](#) and [telephone](#) support groups, a mentor program, [online caregiving resources](#), and [an e-newsletter](#), with resources for coping and survival skills. Also offers an online chat forum for spousal caregivers, organizes regional respite weekends, produces symposia and webinars, advocates on behalf of spousal caregivers, provides continuing support for members whose spouses have passed away, as well as seeks out initiatives to help caregiver spouses and their families cope with the emotional and financial stresses associated with chronic illness/disability.

**Description:** The Well Spouse Association, a non-profit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. It offers peer-to-peer support as well as educates health care professionals and the public about the special challenges and unique issues "well" spouses face every day.

**Phone:** 800-838-0879

**Website:** [wellspouse.org](https://wellspouse.org)

Revised May 2021