

CARE CONNECTIONS

caregiver@northwell.edu

914-366-1199



Westchester Services

Westchester County Government

<https://www.westchestergov.com/seniors>

Tel: 914-813-6300

HITE - Health and Social Service Resources

<https://hitesite.org>

Tel: 1-866-370-4483

Senior Law Day Collaborative

<https://www.seniorlawday.info>

Westchester Library

<https://seniors.westchesterlibraries.org>

Tel: 914-231-3260

Veteran Local Contact Number

Tel: 914-813-5145

Government Agencies

National Institutes of Health Clinical Center

<http://clinicalcenter.nih.gov/wecare>

Tel: 301-496-4000

USA.gov Caregivers' Resources

<https://search.usa.gov> (Put in search bar - Caregiver Resources)

VA Caregiver Support

<http://www.caregiver.va.gov> 855-260-3274: Caregiver Support/877-222-8387: Mental Health

Medicare Rights Center

<https://www.medicarerights.org>

Tel: 800-333-4114

Health Insurance Information, Counseling & Assistance (for HIICAP and SHIP Program)

<https://aging.ny.gov>

Tel: 800-701-0501

Veterans Resources – must be enrolled to access services

www.va.gov



General Caregiving Resources

National Alliance for Caregiving

www.caregiving.org

Tel: 201-918-1013

AARP Caregiving

www.aarp.org/home-family/caregiving

Caregiver Action Network

<https://caregiveraction.org>

Tel: 855-227-3640

Next Step in Care

www.nextstepincare.org

Geriatric Case Managers

www.aginglifecare.org

Tel: 520-881-8008

Alzheimer's and Dementia

Alzheimer's Association

<http://www.alz.org/care>

Tel: 800-272-3900 (24/7 helpline)

The Alzheimer's Foundation of America

<https://alzfdn.org>

Tel: 866-232-8484 (National Toll-free Helpline)

Caring Kind

<https://www.caringkindnyc.org>

Tel: 646-744-2900

The Alzheimer's Store

<https://www.alzstore.com>

Tel: 1-800-752-3238



Disease Specific Resources

ALS Association

www.alsa.org

Tel: 800-782-4747

Brain Injury Association of America

<https://www.biausa.org>

Brain Tumor Association, American

<https://www.abta.org/?s=caregivers>

CancerCare

www.cancercare.org/tagged/caregiving

Tel: 800-813-HOPE (4673)

Cancer, Gilda's Club

<https://gildasclubwestchester.org>

Tel: 914-644-8844

Cancer Society, American

www.cancer.org/treatment/caregivers/index

Tel: 800-227-2345

Cancer Support Team

<https://cancersupportteam.org>

Tel: 914-777-2777

Diabetes Association, American

www.diabetes.org

Tel: 800-342-2383

Diabetes and Digestive and Kidney Diseases, National institute of

www.niddk.nih.gov

Tel: 1-800-860-8747

Heart Association, American

www.heart.org

Tel: 1-800-242-8721

Heart, Lung and Blood Institute, National

<https://www.nhlbi.nih.gov>

Tel: 1-877-645-2448

Leukemia & Lymphoma Society

<http://www.lls.org/#/diseaseinformation/forcaregivers>

Tel: 1-800-955-4572

Mental Illness, National Alliance

www.nami.org Tel: 703-524-7600 / Helpline: 800-950-NAMI or in a crisis text 'NAMI' to 741741

Michael J. Fox Foundation for Parkinson's Research

www.michaeljfox.org

Tel: 1-212-509-0995

National Multiple Sclerosis Society's Guide for Caregivers

<http://www.nationalmssociety.org/nationalmssociety/media/msnationalfiles/brochures/brochure-a-guide-for-caregivers.pdf>

Continued



National Parkinson’s Foundation

www.parkinson.org

Helpline: 1-800-473-4636

Parkinson Disease Association, American

www.apdaparkinson.org

Tel: 800-223-2732

Psychological Association, American

www.apa.org

Tel: 800-374-2721 or 202 336 5500

Stroke Association, American

www.strokeassociation.org

Tel: 1-800-242-8721

Visions Services for the Blind and Visually Impaired

Visionsvcb.org

Tel: 212-625-1616

Vision, Low

www.lighthouseguild.org

Tel: 800-284-4422

<https://lighthouse-sf.org>

Tel: 415-431-1481

Coordinating Help From Friends & Family for Support & Communication

Lotsa Helping Hands

www.lotsahelpinghands.com

Meal Train

www.mealtrain.com

Caring Bridge

www.caringbridge.com



CARE CONNECTIONS

Introducing New Caregiver Services at Phelps

If you are assisting and providing support to a loved one in the community, you may be interested in the Care Connections Program. Phelps has partnered with the Westchester Public/Private Partnership for Aging Services to assist families by offering unique services.



- **Guidance and Counseling from a Caregiver Navigator, providing you with resources and a plan customized to your family's needs.**
- **Care Baskets Containing Resource Material and Relaxing Amenities.**
- **Educational Workshops and Symposiums.**

All Programs are provided free of charge

For more information, contact the Care Connections Program at 914-366-1199 or email us at caregiver@northwell.edu