

Looking for elder care resources? Here's where to begin



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There are a lot of elder care resources out there -- some trusted and some, well, a bit more subjective. [Lightpost](#), part of the USA TODAY Network, is a new website that provides step-by-step guidance for preparing to care for an elder, something more than 40 million Americans face daily. It also vets resources and guides you to ones that will be of great help.

The prospect of caring for an aging loved one can be daunting. The best start? Go to trusted resources with your specific needs. When doing online research as part of your caregiving, make sure the websites you go to and people you talk to have your interest, rather than the interest of their business. Be skeptical of companies espousing advice and proper protocols for care. If someone has services for sale, don't dismiss them, just be wary and follow your gut.

Our go-to? Websites run by government associations and non-profit organizations. [Eldercare.gov](#) is a great place to start looking for resources. To save you time and energy, here is an additional list of trusted national resources that can help you start to formulate a care plan. We'll be talking you through the steps of formulating your plan, and these resources can supplement the information we've laid out in Lightpost.

Some national resources that might be helpful:

[Next Step in Care](#): In-home caregiving

[Medicare.gov](#): Finance information

[AARP's Caregiving Resource Center](#): In-home and family caregiving

[A Place for Mom](#): Finding the right living arrangement

[Caregiver Action Network](#): Tools for family caregiving

[National Association of Area Agencies on Aging](#): A variety of aging services

[U.S. Department of Health and Human Services](#): Locators for aging care services and information

[Meals on Wheels Association of America](#): Meal services for senior citizens

[Caring from a Distance](#): Serves the needs of long-distance caregivers

[Aging Life Care](#): Directory of professionals in the field of aging life care