

Making Cents of Caregiving Costs

This information is intended to provide general guidance, not specific legal or financial advice. Individual circumstances may differ and should be taken into consideration before acting. The programs listed below may not be affiliated with AARP. Any information you provide to the host organization of these programs will be governed by its privacy policy.

Financial Workbook for Family Caregivers

- General Workbook: www.aarp.org/caregivermoney
- Military and Veterans Workbook: www.aarp.org/vmfcaregivermoney
- Chinese: www.chinese.aarp.org/caregivermoney
- Spanish: www.aarp.org/caregivermoneysp

AARP Home Budget Calculator

- aarp.org/homebudgetcalculator

AARP Money Map™: Get your finances back on track with an action plan.

- aarp.org/moneymap

AARP Interview an Advisor™: This online tool can help consumers and investors feel more confident and informed that they are choosing a financial professional that is best for them.

- aarp.org/interviewanadvisor

Caregiving Resource Center & Family Caregiver Support Line

- English: aarp.org/caregiving or call 877-333-5885
- Spanish: aarp.org/cuidar or call 888-971-2013

Prepare to Care: A Caregiving Planning Guide for Families

- Available in multiple languages, as well as Military and LGBTQ editions.
- aarp.org/caregiving/prepare-to-care-planning-guide

Local Caregiving Resources Directory

- aarp.org/caregiverresources

AARP Family Caregivers Discussion Group on Facebook

- facebook.com/groups/aarpfamilycaregivers

National Suicide Prevention Lifeline

- 1-800-273-8255

AARP Online Learning: Learn about events, webinars and more on important issues, such as Medicare, Social Security, family caregiving, fraud prevention, work and jobs and more.

- learn.aarp.org