A Quilt to Cover Caregivers: Family Caregiver Resources for Missouri
Who Are Caregivers?
Care at Home

Providing Care for Aging Adults at Home
Address safety issues to allow for independence

Meal Planning for an Older Adult at Home
Make sure your loved ones get what they need

How to Assess When an Older Adult Requires Caregiving
Assess the need for more day-to-day support

When Should Family Caregivers Apply for Medicaid?
Get to know the program basics

5 Tips for Difficult Family Caregiving Conversations
Before you jump in, do your homework first

What to Know When Taking Someone to the Doctor
Be aware of new policies and procedures
General Resources

Some things that are statewide and are listed in the AARP Family Caregiver Resource Guide are:

- Missouri AAAs (all listed!)
- Missouri Family Caregiver Alliance
- SeniorResource.com
- AARP’s Caregiver Resource Guides (for all states)
Health Resources

Some things that are statewide and are listed in the AARP Family Caregiver Resource Guide are:

• Alzheimer’s Association, Greater Missouri Chapter
• Department of Health and Senior Services
• CLAIM
Home & Community Based Resources

One thing listed in the AARP Family Caregiver Resource Guide is:

• Missouri Care Planning Council (MoCPC)
Financial Resources

Some things that are statewide and are listed in the AARP Family Caregiver Resource Guide are:

• AARP Foundation Benefits QuickLINK
• Missouri Community Action Network (CAN)
Legal Resources

Some things that are statewide and are listed in the AARP Family Caregiver Resource Guide are:

- Legal Aid of Western Missouri
- Legal Services of Southern Missouri
- Legal Services of Eastern Missouri
Employer Resources

One thing listed in the AARP Family Caregiver Resource Guide is:

• Supporting Caregivers in the Workplace
Transportation Resources

Some things that are statewide and are listed in the AARP Family Caregiver Resource Guide are:

- OATS Transit
- SMTS Connect
Housing Resources

One thing listed in the AARP Family Caregiver Resource Guide is:

- U.S. Department of Housing and Urban Development (HUD)
Care for Caregivers/Respite Care

Some things that are listed in the AARP Family Caregiver Resource Guide are:

• Community Connections
• Create the Good
• AARP Caregiving Guides for various audiences: military families, LGBTQ, Spanish language, Chinese language
St. Louis
Kansas City
Cape Girardeau
Springfield
Columbia
It doesn’t have to be pretty, just recognizable. As simple as this:
Personalized is better...
- Geographic
- Specific Need(s)
- Caregiver-centric
...but quilting it together can be complicated.
Now that we’ve got all these little colorful pieces together on flipcharts... now what?
If you’d like a copy of the list—I promise to make it sortable by city—either use the QR code with your phone’s camera or the website below to fill out a form to give me your name, city, zip code, and e-mail so I can send it to you.

Or you can just e-mail me:
rdhall@aarp.org

Thank you all for participating!

• The AARP Caregiver Resource Center:  www.aarp.org/caregiving

• Family Caregiver Support Line:  1-877-333-5885 or for Spanish language support call 1-888-971-2013

• Family Caregiver Stories—read for inspiration or share your story at  www.aarp.org/Iheartcaregivers