



## Helpful Caregiver Resources

Providing support to a loved one or friend with low vision or blindness can be very rewarding, but it can also present many challenges. In addition to information you may gain from the rehabilitation staff at VisionCorps, this list below offers helpful resources and links to support you along your new or ongoing journey as a caregiver.

- 1) **VisionAware:** <https://www.visionaware.org/> VisionAware is a free, easy-to-use informational service for adults with vision loss, their families, caregivers, healthcare providers, and social service professionals.
- 2) **Hadley:** <https://hadley.edu/> The mission of Hadley is to create personalized learning opportunities that empower adults with vision loss or blindness to thrive - at home, at work, and in their communities.
- 3) **Office of Aging/Area Agency on Aging:** programs to meet many types of needs and range from basic help to the provision of skilled care. All services are intended to keep older persons at home, where they most often want to remain.
- 4) **American Macular Degeneration Foundation:** <https://www.macular.org/available-amdf> information on AMD (Age Related Macular Degeneration), Case Studies and Research, Blogs and PDF information sheets.
- 5) **National Eye Institute:** <https://www.nei.nih.gov/> has information and articles and research of a variety of eye diseases.
- 6) **Family Caregiver Alliance:** [www.caregiver.org](http://www.caregiver.org) The mission of Family Caregiver Alliance (FCA) is to improve the quality of life for family caregivers and the people who receive their care.
- 7) **Emergency preparedness for those with disabilities:** <https://acl.gov/news-and-events/acl-blog/emergency-readiness-older-adults-and-people-disabilities>
- 8) **Caregiver stress/coping/respice options:**  
<https://lancoaging.org/216/Caregiver-Support-Program>  
<https://www.caring.com/caregivers/burnout/#what-is-caregiver-burnout?>  
<https://www.caring.com/caregivers/burnout/#coping-strategies-for-caregiver-stress>  
<https://www.webmd.com/healthy-aging/caregiver-recognizing-burnout#1>