

What Should Every Caregiver Know?

Find helpful resources on the Ask Medicare Web site, at <http://www.medicare.gov/caregivers>.

Ask Medicare's Web site offers information on everything from managing Medicare expenses to addressing specific health conditions to strategies to help caregivers manage stress.

Learn about Medicare and determine eligibility online. Review basic information about Medicare, and take advantage of the interactive Medicare Eligibility Tool by going to *Ask Medicare* and clicking on “Caregiver Topics” and “Medicare Basics.”

Find local resources in your community. Many communities have organizations that offer help with meals, transportation, companionship, and much more.

Ask Medicare also includes links to caregiver support sites, such as the Administration on Aging's Eldercare Locator (www.eldercare.gov).

Learn about financial help that may be available.

Ask Medicare offers information on additional types of support that may be available through Social Security, Medicaid, and other sources. Click on “Caregiver Topics,” and then “Care Options,” and then “Care and Prescription Plans” to learn more.

Make prevention a priority. For helpful information, including a prevention checklist for those over 50, go to *Ask Medicare* and click on “Caregiver Topics,” then “Care Options,” then “Services,” and “Get tips on staying healthy.”

Receive guidance on planning for your loved one's long-term care.

At least 70 percent of people over 65 will need long-term care services. *Ask Medicare* connects to a wealth of information from the National Clearinghouse for Long-Term Care Information. Go to *Ask Medicare* and click on “Caregiver Topics,” then “Care Options,” then “Services,” and “Learn about long-term care options.”

Find a nationwide community of caregivers and friends. Connect with resources to make your life easier via the Caregiving Exchange, which has links to discussion groups, message boards, and resource lists. Go to *Ask Medicare* and click on “Caregiver Community,” and then “Social Media.”

Stay updated with Ask Medicare's free e-newsletter.

Sign up now and get updates about Open Enrollment, changes to Medicare, and notices about new resources available on the *Ask Medicare* Web site.

Ask Medicare (www.medicare.gov/caregivers) also offers information on enrolling in Medicare, choosing a prescription drug plan, finding state and local resources to support caregiving tasks, accessing in-home services, and a free e-newsletter with the latest Medicare updates.