



[Caregiver Support for Caregivers](#)

4 Free Tools to Help Caregivers Prepare for Emergencies

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Key Takeaways

Emergencies can happen both at home and on a greater scale within a community, such as in a natural disaster.

Caregivers who provide unpaid care to older adults or adults with disabilities may juggle their caregiving duties and also a job, or other responsibilities.

Here are several resources for caregivers of older adults who may be faced with a financial or health emergency.

Caring for a parent or loved one as they age is never simple. The good news is that there are resources to help you get prepared for the most overwhelming emergencies before they happen.

In recognition of National Family Caregivers Month, here are 4 free resources to explore and share:

1. **BenefitsCheckUp®** <<http://www.benefitscheckup.org>>

Financial emergencies can be stressful. That's why it's good to know you can turn to NCOA's trusted online tool **BenefitsCheckUp.org** <<http://www.benefitscheckup.org>> to screen for, and apply to, over 2,500 local, state, and federal benefits programs. Our comprehensive tool matches your unique needs to benefit programs and eligibility requirements, helping your older loved one pay for food, medicine, heating bills, health care, and other vital everyday necessities. Another great benefit: The BenefitsCheckUp® team continues to monitor the benefits landscape for updates and changes to policies and programs so you have the latest information.

2. Age Well Planner <<https://www.ncoa.org/age-well-planner/medicare/coverage-costs/understanding-medicare-costs/learn>>

What is the cost of Medicare for 2021? How much does Medicare usually cost a month? Is Medicare free? For older adults on a budget and the caregivers who are taking care of them, these are common questions. Understanding the ins and outs of Medicare can be overwhelming, especially if you're new to the complex system. Choosing a Medicare plan is an important, but difficult decision. That's why NCOA's Age Well Planner offers free, personalized Medicare advice so you can find the plan that's right for you and your budget.

From eligibility requirements and coverage comparisons, to enrollment and getting the most from free and preventative benefits, **Age Well Planner** <<https://ncoa.org/age-well-planner/medicare>> can help you find the right answers.

3. Falls Prevention Resource Center

<<https://ncoa.org/caregivers/health/prevention/falls-prevention>>

As a caregiver, you may worry about your loved one **having a fall** <<https://ncoa.org/article/falls-prevention-is-a-team-effort>>. The truth is that an older adult falls every 11 seconds, and falls can lead to serious injury or even death. They also can rob an older adult of their independence.

Our falls prevention resources give you and your older loved ones the tools you need to make their homes safer, maintain strength and balance through proven exercise programs, and keep their bones healthy through proper nutrition.

4. ElderCare Locator <<http://www.eldercare.acl.gov>>

Few of us want to think about long-term care for ourselves or our loved ones, but 2 in 3 older adults will eventually need some level of assistance with daily activities. The ElderCare Locator can help you find in-home care services, nursing homes, hospices, and more near you. Visit <https://eldercare.acl.gov/> <<https://eldercare.acl.gov/>> or call 1-800-677-1116 to find help in your community.

Don't wait until an emergency forces you to make a difficult decision. Check out these tools and have a plan for dealing with some of your challenging choices.