

Resources for the Sandwich Generation

<http://boomers.msn.com/articleSG.aspx?cp-documentid=385629>

There are numerous Web sites, organizations and books that provide information and guidance to members of the Sandwich Generation. Here is a sampling:

WEB SITES:

Local:

Carlsbad Senior Center: (760) 602-4650. <http://www.carlsbadca.gov/> 799 Pine Avenue, Carlsbad CA. 92008. Competent staff to help you find local/county/state resources.

Eldercare Directory: <http://eldercare.uniontrib.com>, A directory of services and products for mature adult available in San Diego County f

ElderHelp of San Diego: <http://www.elderhelpofsandiego.org>, Provides personalized services and information that helps seniors remain independent and live with dignity in their own homes

Southern Caregiver Resource Center: (858) 268-4432 or (800) 827-1008. Address issues on care for an adult with a chronic or disabling condition or disease web site: <http://www.scrc.signonsandiego.com/>

Aging and Independence Services - Family Caregiver Support Program 800-510-2020 - If you regularly aid an older relative maintain his or her quality of life, you are a caregiver. You help your loved one and the Family Caregiver Support Program can help you. Web site: <http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.asp?ServiceID=383>

Eldercare Link: <http://www.eldercarelink.com/?source=ecldir&cpgn=mws>

Alternatives for Seniors: <http://www.AlternativesforSeniors.com>

Statewide:

AARP California: <http://www.aarp.org/states/ca> Social network for information and change.

California Care Planning Council (CaCPC): http://www.careforcalifornia.net/a2_ca_members.htm lists companies and individual providers who help families deal with the crisis and burden of long term care. The purpose of this website is to provide, in one place, all of the available government and

private services for eldercare and to educate the public on the need for care planning before a crisis occurs.

A Place for Mom - <http://www.aplaceformom.com/> A free referral service helping families find nursing homes, assisted living, Alzheimer's care, retirement communities, home care, and other senior care options.

Inside Elder Care: <http://www.INSIDEelderCare.com> A social network organization that's helping families make elder care a new foundation for Memories

Seniors, Boomers, Over 50 Websites Directory:
<http://www.internetseniorsuccess.com/seniorsites.htm>, Listings of links to the top websites related to seniors, Baby Boomers, and all those over age

Family Caregiving 101 <http://www.familycaregiving101.org/>
A site designed to provide caregivers with the basic tools, skills and information they need to protect their own physical and mental health while providing care for their loved one

The Family Caregiver <http://www.thefamilycaregiver.org>
Family Caregivers Association, this site contains news, resources and a way for family caregivers to connect.

Caregiving.org <http://www.caregiving.org/>
The National Alliance for Caregiving is a nonprofit coalition of national organizations that conducts extensive research, policy analysis, national programs and lots of advice and information for family caregivers.

Family Caregiver Alliance National Center
<http://www.caregiver.org/caregiver/jsp/home.jsp>
The Family Caregiver Alliance National Center contains fact sheets, research, advice, newsletters and public policy information.

Strength for Caring <http://www.strengthforcaring.com/>
This site offers a caregiver manual, information about health conditions, daily care, housing, money and insurance.

AARP: Caregiving <http://www.aarp.org/families/caregiving/>
The huge organization for the 50-plus generation has specific content for those caring for parents, guides to finding help and recent research.

Eldercare.gov <http://www.eldercare.gov/Eldercare/Public/Home.asp>
Eldercare Locator connects the elderly and their caregivers with sources of information on senior services, connecting them to state and local area agencies on aging and community-based organizations that help older adults and caregivers.

Southern Caregiver Resource Center: (858) 268-4432 or (800) 827-1008. Address issues on care for an adult with a chronic or disabling condition or disease such as Alzheimer's, stroke, traumatic brain injury, Huntington's, or Parkinson's. web site: <http://www.scrs.signonsandiego.com/>

New Lifestyles (The source for Seniors): <http://www.NewLifestyles.com> or 1800.869-9549

Administration on Aging: http://www.aoa.gov/AoARoot/AoA_Programs/index.aspx
AoA provides home and community-based services to millions of older persons through the programs funded under the Older Americans Act.

AARP California: <http://www.aarp.org/family/> Social network for information and change.

New Lifestyles (The source for Seniors): <http://www.NewLifestyles.com> or call 1 800.869-9549

Eldercare Link: <http://www.eldercarelink.com/?source=ecldir&cpgn=mws>

Alternatives for Seniors: <http://www.AlternativesforSeniors.com> or call 1 888.533-4636.

Assisted Living Source: <http://www.assistedlivingsource.com/> A comprehensive directory to find the right **Assisted Living Community, Nursing Home, Retirement Community, Alzheimer's Care Facility, or Independent Living Community.** Simply search our Free Directory and Request Information from a Community or Home Care Service.

Gay and Lesbian Association of Retiring Persons, Inc.
<http://www.gaylesbianretiring.org/>

Lesbian and Gay Aging Issues Network
<http://www.asaging.org/networks/index.cfm?cg=LGAIN>

National Gay and Lesbian Task Force Aging Issues Summary
<http://www.thetaskforce.org/issues/aging>

Others good sites:

BenefitsCheckUp.org,

[The National Adult Day Services Association](http://TheNationalAdultDayServicesAssociation),



[The National Academy of Elder Lawyers.](#)

ORGANIZATIONS

AARP (800) 424-3410 A nonprofit organization with millions of members, they offer educational programs, services and support. <http://www.AARP.org>

Children of Aging Parents (CAPS) (800) 227-7294
The country's oldest information resource aimed at helping adult children understand their own needs and those of their parents.
<http://www.caps4caregivers.org/>

National Adult Day Services Association (866) 890-7357 (toll free)
A decades-old organization that is the national voice for adult day service providers. Search its Web site for services in your area.
<http://www.nadsa.org>

National Association of Area Agencies on Aging (202) 872-0888
The umbrella organization for the country's 655 area agencies on aging.
<http://www.n4a.org>

Baby Boomer Websites

Upside of Aging: <http://www.upsideofaging.com/internet-information-links/>
Upsideofaging.com is aimed at those who want to learn how to appreciate and challenge the aging process while enjoying this time of their life.

Third Age: www.thirdage.com Community of active older adults featuring information on health, romance, technology, investing, and travel.

Baby Boomer Headquarters: www.bbhq.com Trivia, pictures, music, and memories of the most exciting decade of the century: the sixties. Also a reunions bulletin board.

MyPrimeTime: www.myprimetime.com Advice for baby boomers regarding personal decisions about money, health, work, and leisure.

Boomer Cafe: www.boomercafe.com Online magazine for baby boomers with active lifestyles and a multitude of interests.

Boomernet: www.boomernet.com, The Baby Boomers' Surfing Center



Boomerater: www.boomerater.com, Online network where Baby Boomers exchange recommendations and advice to help make informed everyday and life decisions.

C-boom! www.c-boom.com Providing resources and community for cool boomer living. Includes special sections for women and men, boomer humor, message boards, and shopping links.

Baby Boomers: www.netwalk.com/~duchap Occasional bits of relevant information, some completely irrelevant trivia, and observations from the idiosyncratic viewpoints of fellow baby boomers.

Boomers Digest: www.boomersdigest.com Source of news and information, covering topics of health, travel, money, and politics.

Boomster: www.boomster.com Social network for baby boomers starting a new business or career, volunteering, consulting, travelling, and meeting people with similar interests.

Baby Boomers Planning for Retirement: www.baby-boomers-planning-for-retirement.com A baby boomer offers retirement tips on planning your lifestyle, provides income evaluation tools, and offers articles beyond the financial aspect of retirement.

The Nostalgic Boomer: <http://www.thenostalgicboomer.com> Nostalgic 1950's 1960s for Baby boomers Retro/Vintage and new apparel, accessories, home/garden, music, art and collectables.

American Association of Baby Boomers: <http://www.babyboomers.com> An organization dedicated to those born between 1946 and 1964

