



Family
Caregiver
Alliance®

5 Tips for Accessing Community Resources

Arranging care for an elder or ailing family member can be a time-consuming process. When you make your calls to the resources who can help, keep these five tips in mind — and don't give up!



Plan ahead.

Services are in high demand. You may be placed on a wait list, so look for resources **before** you're in crisis.

Document everything.

Write down the date and name of each agency you call, phone number, website, who you spoke with, services you requested, and any decisions made.



Be prepared.

Have the physician's name, diagnostic information, insurance coverage, Medicare, Medicaid (MediCal in California), and Social Security numbers close at hand.

Be strategic.

Be assertive and specific about your needs. Mornings are usually the best time to call, and don't hang up until you understand your next steps.



Don't hesitate to ask for help.

The purpose of community agencies is to help. You're entitled to services since many are paid for by your taxes, contributions, or fees for service.

Want to Learn More? Find more planning tips in our **Caregiving at Home: A Guide to Community Resources** fact sheet at caregiver.org/resource/caregiving-home-guide-community-resources/.

