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SENIORS
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FREE PRINTABLE GUIDE

Caregiver Service-Navigation Guide

A practical first step when a caregiver needs local support

Introduction. Caregivers often know that help is needed but do not know which door to open first. A clear description of the situation makes local service navigation more efficient.

How to use this guide. Start with the most urgent need, use official local sources, and record the answer from each organization. Eligibility and availability must be confirmed locally.

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Describe the situation

A few practical points to keep in mind.

- ☐ Write who needs help and with which daily tasks.
- ☐ Separate immediate safety concerns from longer-term support.
- ☐ Note location, schedule, language, transportation, and accessibility needs.
- ☐ Ask the older adult what support they would accept.

Search official sources

A few practical points to keep in mind.

- ☐ Start with Eldercare Locator, a local Area Agency on Aging, or another official local source.
- ☐ Check service area, eligibility, waitlist, cost, and referral requirements.
- ☐ Record the name and date of every contact.
- ☐ Do not assume a national program is available locally.

Take one next step

A few practical points to keep in mind.

- ☐ Choose the service that addresses the most urgent need.
- ☐ Prepare the documents or information the program requests.
- ☐ Set a follow-up date.
- ☐ Keep a backup option if the first service is unavailable.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not medical, legal, financial, benefits, or case-management advice. Confirm eligibility, availability, waitlists, costs, privacy practices, and service terms directly with the relevant official local program; ask a qualified professional about urgent health or safety concerns.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
