



## Helpful Resources for Caregivers

### Finances and Education

#### **AARP**

This website contains numerous links to resources for **healthcare, food, housing, and utility** financial assistance.

<https://www.aarp.org/caregiving/financial-legal/info-2017/public-benefits.html>

#### **Transplant Caregiver**

Offers **educational materials** on the transplant process, **fundraising**, and self-care for caregivers.

<https://transplantcaregiver.com/>

#### **Transplant Alliance Foundation**

Provides **grants and fundraising assistance** to families of donors.

<https://www.transplantalliance.org/resources/caregiver>

<https://www.transplantalliance.org/about>

#### **Family Caregiver Alliance:**

##### **State Services Resource Guide**

This organization helps caregivers locate public, private, and non-profit **services within their state**.

<https://www.caregiver.org/connecting-caregivers/services-by-state/>

#### **Donor Alliance:**

##### **Aftercare Program**

*Colorado and Wyoming*

Provides **grief assistance and compassionate support** to families of transplant donors. <https://www.donoralliance.org/donor-family-resources/>

#### **United Network for Organ Sharing (UNOS):**

UNOS also maintains a list of helpful caregiver resources.

<https://transplantliving.org/before-the-transplant/caring-for-transplant-patients/>

### Support Groups

#### **American Transplant Foundation**

##### **1+1=LIFE Mentorship Program**

Sign up for free online and receive direct one on one support from one of our trained mentors who have been through the transplant process themselves (including other caregivers). We have nearly 300 mentors speaking 12+ languages, and including all solid organ transplant types. We can match you with a mentor that's right for you.

[www.americantransplantfoundation.org/programs/mentorship-program-2/](http://www.americantransplantfoundation.org/programs/mentorship-program-2/)

#### **Family Caregiver Alliance**

These **online** support groups offer a safe space to discuss the challenges and rewards of caregiving.

<https://www.caregiver.org/connecting-caregivers/support-groups/>

#### **Transplant Families**

Provides education, support, and connection to **families of children receiving transplants**.

<https://www.transplantfamilies.org/>

#### **Transplant Living**

The United Network for Organ Sharing (UNOS) maintains an extensive list of caregiver support groups available both **nationwide and within each state**. <https://transplantliving.org/community/support-groups/>