

Research programs that depend upon Federal Government funding to ensure the program has been included in the most recent Federal 2025-26 fiscal budget.

**Queen's Chapel United Methodist Church Caregivers Support Ministry
7410 Old Muirkirk RD - Beltsville, MD - Rev. Dr. William Butler, Pastor**

Online Resource Links for Caregivers

Caregiver Finances

- [**FEPBLUE MEDICARE REIMBURSEMENT ACCOUNT CLAIMS**](#) - FEP Blue Basic® members who pay Medicare Part B premiums can be reimbursed up to \$800 each year. Each member of your household with Medicare Part A and Part B (Original Medicare) or Medicare Part C (Medicare Advantage) is eligible to receive this benefit.

Healthcare for Low-Income and the Uninsured

- [**Treats Uninsured Patients on a Sliding Scale for Fees \(based on income\)**](#)

Chase Brexton Healthcare
5500 Knoll North Drive, Suite 370
Columbia Maryland 21045
410.837.2050

- [**Free Clinics**](#)

Whitetulip Medical Center
91150 Guilford Road, Suite 200
Columbia, MD 21046
443.718.0424

[**CCI Health Services Greenway**](#)

7474 Greenway Center Drive, Suite 300
Greenbelt, MD 20770
866.877.7258

[**Certified Elder Law Attorney \(CELA\) - GetElderLaw.com**](#)

- **There is an actual certification for attorneys specializing in elder law**
- Elder law is a specialized area of law practice that focuses on issues affecting people as they age or who wish to plan for their later years and end-of-life care. Elder law attorneys perform a range of targeted services.
- Elder life decisions have a significant impact on your quality of life and also affect your loved ones. You should carefully consider which elder law attorney you hire to ensure you're getting the best advice and legal services to make certain all your elder life details are in order.
- [**Medicaid Asset Protection Trust Planning \(Maryland\)**](#)
- [**Medicaid Asset Protection Trust Planning Checklist**](#)

Visit **"The Caregiver Spouse"**, a weekly rebroadcast post from a live Facebook broadcast earlier in the evening (posted on Thursday evenings). The Facebook Live Broadcast is not public. Be sure to subscribe so you will be notified when we post the rebroadcast to YouTube -

[**https://www.youtube.com/@TwoRunawayOldFolks**](https://www.youtube.com/@TwoRunawayOldFolks)

Online Resource Links are Auto-Updated as New Links are added
Updated Weekly - (Last Updated 11.16.2025)

Disclaimer:

The links in this document are provided for **educational references only**. Once informed, do your own research. Please register for webinars, classes, and seminars through these links when available. Remember — **education, research, and preparation are the best tools a caregiver can have.**

1. **AARP Caregiver Resources** - <https://www.aarp.org/caregiving/>
2. **Educational Opportunities for Caregivers**
 - [Why Education is Very Important for Family Caregivers](#)
 - [Calendar of FREE Classes/Workshops for Caregivers](#)
 - [Diabetes Education for Better Health Webinar Recordings](#)
 - [Dementia Series - FREE Classes/Workshops/Webinars](#)
3. **For the Caregiver**
 - [Caring for the Caregiver](#)
 - [14 Life-Changing Tips to Relieve Caregiver Stress](#)
 - [The Importance of Managing Fatigue for Caregivers](#)
 - [How Can a Caregiver Experience Freedom from Burnout?](#)
 - [7 Helpful Tips for Long-Distance Caregivers](#)
 - [Understanding Spousal Caregiver Resentment](#)
 - [10 Common Family Caregiver Confessions - Superior Senior Home Care](#)
 - [When You Resent Caregiving for Your Spouse: 4 Crucial Tips](#)
 - [What Causes Resentment In A Relationship And How To Deal With It](#)
 - [5 Questions to Ask Your Doctor Before Getting a Test, Treatment, or Procedure](#)
 - [Google Results for "Spousal Resentment"](#)
 - [Caregiver resentment is normal: Why it happens and how to mitigate it](#)
 - [A Comprehensive Guide to Respite Care for Caregivers](#)
 - [Medication Management for Caregivers](#)
 - [Top Caregiver Tips for Caring for a Loved One](#)
 - [The Complete Guide to Home Health Care](#)
 - [*Warning Signs: How to Know When Your Parents Should Stop Driving](#) - ***GOOD LUCK!!**
 - [Home Health Care Assessment Quiz: Could Home Health Care Help?](#)
 - [2025 Prince George's County Senior Resource Guide](#)
 - [Caring Without Compromise Workbook](#) - Protect Your Freedom and Finances While Caring for Your Parents
4. **Caregiver Advocacy - Becoming “Cujo” for your loved one**
 - [Questions to Ask When Medicare or Hospice Wants to Discharge Your Loved One](#)
 - [Questions to Ask a Prospective Rehab Center \(Rehab and/or Wound Care\)](#)
 - [Why It's So Very Important to Be a Stern Patient Advocate — Not Just a “Nice” One](#)
5. **Long-Term Care Insurance (2025)** - [\(10\) Long-Term Care Insurance Policies \(2025\)](#)

6. Caregiver Organization

- [ER/Hospital To-Go Bag: \\$29 to \\$34 - Amazon - https://amzn.to/3T94h54](https://amzn.to/3T94h54) - Available in other colors and configurations, and may be less expensive.
- [List: A Caregiver's Hospital To-Go Bag Survival Kit: Must-Have Items](#)
- [My Last Gift - An Essential End-of-Life Planner: Important Guidance for You and Your Loved Ones - \\$16.31 on AMAZON - https://amzn.to/43bDxFU](https://amzn.to/43bDxFU)
- [Portable Fireproof Document Bag - \\$24.99 - Amazon - https://amzn.to/45JGQXT](https://amzn.to/45JGQXT)
- [Document Organizer Linen Folio Folders with 9 Pockets, 3-Ring Accordion Storage Binders, Expanding File Folder for Important Papers, End of Life Planner Book - \\$22.95 on Amazon - https://amzn.to/45HIAQL](https://amzn.to/45HIAQL)
- [Caregiver Binder Version 2](#)
- [Caregiver Safe at Home Checklist - Is My Loved One Safe At Home?](#)
- [Simplify Days Organization Website: One Box Challenge - Get all of your important documents and legacy information in one secure location](#)

7. Recommended Reading or Listening via Audiobooks

- [Hard Choices for Loving People by Hank Dunn - CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness - \\$8 on AMAZON - https://amzn.to/44ytkr](https://amzn.to/44ytkr)
- [The Good Death: A Guide for Supporting Your Loved One Through the End of Life - \\$15.90 on Vital Source or on AMZ \\$23.23 - https://amzn.to/4j2NmMj](https://amzn.to/4j2NmMj) - Also available used on AMZ
- [The Caregiver's Companion: Caring for Your Loved One Medically, Financially, and Emotionally While Caring for Yourself on Amazon \\$11.78 - https://amzn.to/4iU7rnS](https://amzn.to/4iU7rnS)
- [Living a healthy life with chronic conditions - Amazon https://amzn.to/4jKIAUI](https://amzn.to/4jKIAUI) - \$23.62
- [The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease and Other Dementias, Seventh Edition - Paperback - \\$12.64 - https://amzn.to/3F5yTkK](https://amzn.to/3F5yTkK)

8. Advance Directives & MOLST - (Medical Orders for Life Sustaining Treatment)

- [Personal Estate Planning Kit](#)
- [Maryland MOLST Video Explanation](#)
- [Ten Things Everyone Should Know About Making Health Care Decisions](#)
- [Maryland Advance Directive: Planning for Future Healthcare Decisions](#)
- [Maryland Medical Orders for Life-Sustaining Treatment \(MOLST\)](#)
- [Understanding Your Choices for Medical Treatment](#)
- [Maryland MOLST Guide for Patients](#)
- [Power of Attorney and Advanced Medical Directive – YES! You Need Them Both](#)
- [Maryland Attorney General - Advance Directives](#)
- [Resources — Jennifer A. O'Brien - practical, straightforward guidance for those facing the challenges of caregiving, end-of-life preparation, and grief](#)
- [Five Wishes Resources](#)

9. Healthcare Merchandise for Caregivers

- [Leather Pocket Notebook](#)
- [Extra Large Anti-Odor Bed & Mattress Covers](#)
- [The Caregiver's Self-care Journal](#)
- [The Caregiver's Self-Care Workbook](#)
- [Mirai Clinical](#) - Bodywash and Soap for mature bodies; eliminates aging body odor
- [Member's Mark XL Adult Disposable Washcloths, 240 ct. - Sam's Club](#)
- [Personal Tracker Options for Loved Ones with Dementia/Alzheimer's](#)
- [GPS SMARTSOLE® WEARABLE GPS TRACKER FOR WANDERERS](#)

10. Healthcare Agent

- [APPOINTMENT OF A HEALTH CARE AGENT](#)
- [SELECTION OF A HEALTH CARE AGENT FAQs](#)

11. Dementia Caregivers

- [Oprah and Bruce Willis' Wife Emma on Finding Strength, Hope & Yourself in Caregiving](#)
- [Dementia: The Survival Guide for Caregiver & Patient by James R. Davis \(PDF\)](#)
- [A CHECKLIST FOR DEMENTIA CAREGIVERS](#)
- [Reminiscent Therapy For People With Dementia](#)
- [Family Caregiver Toolbox](#)
- [Taking Care of Grandma Videos Shorts](#) - Website - [Taking Care of Grandma Website](#)
- [Top 3 Strategies to Help Manage the Emotional Roller Coaster of a Loved One's Dementia Diagnosis](#)
- [Tips for Caregivers and Families of People With Dementia](#)
- [HOC-Dementia-Patient-Caregiver-Guide-FINAL.pdf](#)
- [Mini-Mental State Examination \(MMSE\) - Used to check for cognitive impairment](#)
- [7 Communications Mistakes Caregivers Make \(Cheat Sheet\)](#)

12. Dementia Behaviors

- [What is Sundowning? – A Caregiver's Guide to Aging and Sleep Issues](#)
- [7 Ways to Reduce and Manage Mean Dementia Behavior](#)
- [When Someone With Dementia REFUSES to Bathe: Do This!](#)
- [7 Caretaker Tips for Getting Dementia Patients to Eat](#)
- [Caregiver Training: Refusal to Bathe](#)
- [Why Experts Recommend Lying to Someone with Dementia](#)
- [Five tips on how to get your message across to your Loved One with dementia.](#)
- [Take-Along Tracker | Mini GPS Tracker to Wear or Attach Anywhere – MetAlert](#)
- [GPS Tracker SmartSole Monitoring Service Keep Loved Ones Safe MetAlert](#)
- [Managing Urinary Incontinence and Bowel Elimination](#)
- [Symptom Management & Care Tips - Dementia Care Patient & Caregiver Guide](#)
- [Home Safety - Dementia Care Patient & Caregiver Guide](#)

13. Medicare Coverage for Dementia & Senior Care

- [Medicare-Covered Dementia Care](#)
- [Medicare coverage for Alzheimer's and other dementias](#)
- [CMS Medicare and Medicaid Benefits for People with Dementia Brochure](#)
- [AARP Q&A - Does Medicare cover dementia care?](#)
- [What Are Medicare's Home Health Care Eligibility Criteria?](#)

14. For People with Alzheimer's Disease and their Caregivers

- [Videos of Past Dementia/Alzheimer's Webinar Presentations](#)
- [How to Better Care for a Loved One With Alzheimer's and How to Help the Caregiver](#)
- [Alzheimer's and Dementia | National Institute on Aging](#)
- [Guiding Light for Caregivers of Loved Ones with Dementia/Alzheimer's](#)
- [All About Alzheimer's Disease](#)

15. For People with Parkinson's Disease & Their Caregivers

- [Understanding Parkinson's disease-related hallucinations and delusions](#)
- [Parkinson's Disease Dementia](#)
- [More About Hallucinations and Delusions Related to Parkinson's Disease](#)
- [Parkinson's Disease Family Conversation Guide - "How Do I Tell My Family?"](#)
- [How is dementia manifested in someone with parkinson's disease?](#)
- [Is Parkinson's Disease Dementia a natural progression of Parkinson's Disease?](#)

16. Hospice & Palliative Care

- [BEWARE: Illegal Provisions in Nursing Home Contracts](#)
- [The Difference Between Hospice Care and Palliative Care](#)
- [What is hospice?](#)
- [Hospice Care Assessment Quiz: Is Hospice the Answer?](#)
- [Medicare Hospice Benefits](#)
- [Starting the conversation - Hospice Foundation of America](#)
- [Palliative Care Provider Directory](#)
- [Palliative Care FAQs](#)
- [The Complete Guide to Understanding Hospice Care](#)
- [Complementary Therapies | Hospice of the Chesapeake](#)
- [Caregiver Resources | Hospice of the Chesapeake](#)
- [Resource Links | Hospice of the Chesapeake](#)
- [Levels of Care | Hospice of the Chesapeake](#)
- [Hospice of the Chesapeake](#)

17. Federal Funeral Laws, VA Burial Benefits & Your Rights

- [VA Burial Benefits](#)
- [Funerals | Federal Trade Commission](#)
- [The FTC's Funeral Rule: Helping Consumers Make Informed Decisions During Difficult Times](#)
- [Your right to get information about funeral services by phone | Consumer Advice](#)
- [Shopping for Funeral Services by Phone or Online | Consumer Advice](#)

18. End of Life Care

- [**What to Expect When Your Loved One Is Dying**](#)
- [Checklist for When Your Loved One Dies](#)
- [Funeral Planning Guide](#)
- [Overnight Caskets Pre-Planning Guide PDF](#)
- [Discussing Death: How to Chronicle & Celebrate the Lives of Your Loved Ones](#)
- [The Art of Dying Well Website](#)
- [The Art of Dying Well Podcasts](#)
- [Deathbed Etiquette - The Art of Dying Well](#)
- [When you can't be with the one you love in person](#)
- [ETIQUETTE DEATHBED](#)
- [Never Visit a Dying Person | Next Avenue](#)
- [Advice for Grieving When Your Best Friend Dies](#)

19. Wholesale Caskets Online

- [Costco Caskets - Next Day Delivery Nationwide](#)
- [Sam's Club Caskets - Delivery 1-3 days Worldwide](#)
- [WalMart Caskets, Urns, & Memorial Accessories - 3+ Day Delivery Nationwide](#)
- [Quality First Caskets - Beltsville, MD - Free Delivery within 50 Miles](#)
- [OvernightCaskets.com - Free Standard Delivery or Overnight Premium Delivery Nationwide](#)

20. Funeral Home Price Lists

- **For your location, Google: “funeral homes with a price list on their website near me”.**
- [Collins Funeral Home - Silver Spring, MD](#)
 - [Casket Prices](#)
- [JB Jenkins Funeral Home - Landover, MD](#)
- [Robinson Funeral Home - Washington, DC](#)
- [Stewart Funeral Home - Washington, DC](#)
- [Potomac Valley Cremation Center - Germantown, MD](#)
- [Wiseman Funeral Home & Chapel - Camp Springs, MD](#)
- [Parkview Funeral Home - Baltimore, MD](#)
- [Beall Funeral Home - Bowie, MD](#)
 - [Free Grief E-Booklets](#)
- [Hines-Rinaldi Funeral Home - Silver Spring, MD](#)
 - [Additional Prices](#)
 - [Funeral Products Pricing](#)
- [*Donaldson Funeral Home - Laurel, Odenton & Clarksville, MD](#)
 - [Online Pre-Arrangement Form](#)
- [Maryland Cremation Services - Millersville, MD](#)
- [A Guide to Understanding Funeral & Cremation Costs - Download PDF](#)
- [Cremation Club](#)