

Caregiver Resources – Spanish

This list of caregiver resources in Spanish is not exhaustive. Please note that there are many caregiver training webinars available with Spanish captioning.

Websites

- [AARP – Resources for Caregivers](#)
- [Family Caregiver Alliance – National Center on Caregiving](#)
- [How to Enroll in VA Health Care](#)
- [How to Get Caregiving Help from the VA](#)
- [Latino Alzheimer’s and Memory Disorders Alliance](#) (includes videos in Spanish)
- [National Institute on Aging](#)
- [VA Caregiver Support – Peer Support Mentoring Fact Sheet](#)
- [VA Support for Spanish Speaking Caregivers](#)
- [VA Resources & Education for Stroke Caregivers Understanding and Empowerment \(RESCUE\)](#)
- [VA Support for Spanish Speaking Caregivers](#)

Videos

- <https://www.caregiver.org/spanish> (in order of appearance on website)
 - Self-Care
 - Behavioral Issues
 - Toileting/Incontinence
 - Bathing and Dressing
 - Dental Care
 - Nutrition
 - Transfer Skills
 - Introduction to Caregiver College
 - Controlling Incontinence (several titles)
 - Using the Stairs
 - Falls
 - Talk to Health Care Professionals
 - Medication Management for People with Dementia
 - Setting Up a Dosage System
 - Create a Medication List
 - Round Up Those Meds

Printed Resources (or websites that direct to printed resources)

Caregiver Health and Wellness

- [A Guide to Taking Care of Yourself](#)
- [Caregiver Health and Wellness](#)
- [Caregiver Stress](#)
- [Caregiving](#) (caregiving.org)
- [Caregiving](#) (Centers for Disease Control)
- [Caregiving and Ambiguous Loss](#)
- [Caregiving and the Coronavirus](#)
- [Caregiving Depression: A Silent Health Crisis](#)
- [Caring for the Caregiver](#)
- [Coping with Caregiving: Take Care of Yourself While Caring for Others](#)
- [Depression and Caregiving](#)
- [Emotional Side of Caregiving](#)
- [Relaxation for Caregivers](#) (8 topics)
- [Respite Tips: Taking a Break from Giving Care to Someone in Need](#)
- [Support for Caregivers of Cancer Patients](#)
- [What Every Caregiver Needs to Know About Money](#)
- [When Caregiving Ends](#)

Help at Home and Personal Care Agreements

- [Hiring In-Home Help](#)
- [Personal Care Agreements](#)

Talking with Loved Ones – Advance Directives

- [Advance Health Care Directives and POLST](#) (Physician Orders for Life-Sustaining Treatment)
- [Caring Conversations: Making Your Healthcare Wishes Known](#)
- [Holding a Family Meeting](#)
- [VA Advance Directive form](#)

Health Topics

Caregiving

- [Caregiving at Home: A Guide to Community Resources](#)
- [Caregiving 101: On Being a Caregiver](#)
- [Caregiving Resources for Older Adults](#)

Caregiving (continued)

- [Caregiving with Your Siblings](#)
- [Coping with Stress](#) (general)
- [Strategies for Motivating Your Loved One](#)

Communication

- [Assistive Technology](#)
- [Digital Technology for Family Caregivers](#)
- [Pathways to Effective Communication for Healthcare Providers and Caregivers](#)
- [Tips for Talking with Your Doctor](#)

Community Options/Services and Supports Outside the Home

- [Assisted Living](#)
- [Community Care Options](#)

Dental Issues/Oral Health

- [Brushing Information \(dental health\) for Caregivers](#)
- [Dry Mouth and Older Adults: Information for Caregivers](#)
- [Finding Low-Cost Dental Care: Information for Caregivers](#)
- [Flossing: Information for Caregivers](#)

End-of-Life

- [Advanced Illness: Holding On and Letting Go](#)
- [CPR and DNR](#) (Do Not Resuscitate)
- [Grief and Loss](#)

Medication Issues

- [Caregiver's Guide to Medications and Aging](#)

Palliative Care

- [Understanding Palliative/Supporting Care: What Every Caregiver Should Know](#)

Patient Care and Safety at Home

- [Bathing a Patient in Bed](#)
- [Care of a Foley Catheter](#)
- [Caring for Someone with Incontinence: Social and Emotional Issues](#)
- [Constipation](#)
- [Diarrhea](#)
- [Feeding Tubes and Ventilators](#)
- [Hands-on Skills for Caregivers](#)
- [Hearing Loss](#)
- [Home Care Instructions After Surgery](#)
- [Hospital Discharge Planning: A Guide for Families and Caregivers](#)
- [MRSA](#) (Methicillin Resistant Staphylococcus Aureus)

Patient Care and Safety at Home (continued)

- [Moving a Patient from Bed to a Wheelchair](#)
- [Pulling a Patient Up in Bed](#)
- [Safety Tips to Prevent Falls at Home](#)
- [Swallowing Problems](#)
- [Transferring a Person](#)
- [Turning Patients Over in Bed Talking](#)
- [Urinary Incontinence in Women](#)
- [Using a Cane](#)
- [Using a Walker](#)
- [Weight Bearing Using a Walker](#)

Alcohol Use Disorder

- [Alcohol Use Disorder](#)

ALS

- [Amyotrophic Lateral Sclerosis](#)

Alzheimer's, Dementia and Mild Cognitive Impairment

- [Adapting Activities for People with Alzheimer's Disease](#)
- [Alzheimer's Disease](#)
- [Alzheimer's Disease and Caregiving](#)
- [Bathing, Dressing and Grooming: Alzheimer Caregiving Tips](#)
- [Caregiver's Guide to Understanding Dementia Behavior](#)
- [Caring for Adults with Cognitive and Memory Impairments](#)
- [Changes in Communication Skills](#)
- [Changes in Intimacy and Sexuality in Alzheimer's Disease](#)
- [Communication \(for Dementia\)](#)
- [Coping with late-Stage Alzheimer's Disease](#)
- [Could it be their brain? A Frontotemporal Dementia Checklist](#)
- [Dementia](#)
- [Dementia, Caregiving and Controlling Frustration](#)
- [Dementia with Lewy Bodies](#)
- [Helping Family and Friends Understand Alzheimer's Disease](#)
- [Is this dementia and what does it mean?](#)
- [Legal and Financial Planning for People with Alzheimer's Disease](#)
- [Mild Cognitive Impairment](#)
- [Ten Common Pitfalls for Dementia Caregivers](#)

Anemia

- [Anemia](#)

Arthritis

- <https://www.cdc.gov/arthritis/spanish/index.htm> (includes Arthritis Help for Veterans in English)

Cancer

- <https://www.cdc.gov/spanish/cancer/index.htm>
- [About Cancer Pain](#)
- [Cancer](#)
- [Cancer Chemotherapy](#)
- [Cancer of the Colon and Rectum](#)
- [Cancer Related Fatigue](#)
- [Cancer Treatment Side Effects](#)
- [Changes in Taste and Smell with Cancer Treatment](#)
- [Dry Mouth with Cancer Treatment](#)
- [Fatigue](#)
- [For the Caregiver](#)
- [Handling Chemotherapy Safely](#)
- [Loss of Appetite with Cancer Treatment](#)
- [Lung Cancer](#)
- [Mouth Care with Cancer Treatment](#)
- [Nausea and Vomiting](#)
- [Nausea and Vomiting with Cancer Treatment](#)
- [Oral Cancer](#)
- [Preventing Infections When Your White Blood Count is Low](#)
- [Prostate Cancer](#)
- [Radiation Therapy](#)
- [Sore Mouth or Throat with Cancer Treatment](#)
- [Talking with Your Doctor](#)
- [Weight Gain with Cancer Treatment](#)
- [Weight Loss with Cancer Treatment](#)
- [What is cancer? A Guide for Patients and Families](#)
- [Your Lab Tests](#)

COPD (Chronic Obstructive Pulmonary Disorder)

- <https://www.cdc.gov/copd/espanol.html>
- [COPD](#)

Diabetes

- <https://www.cdc.gov/diabetes/spanish/index.html>
- [Diabetes](#)
- [Diabetes and Wound Healing](#)

Diabetes (continued)

- [High Blood Sugar](#)
- [How to Use a Glucose Meter](#)
- [Low Blood Sugar](#)

Head Injury/TBI (Traumatic Brain Injury)

- [Coping with Behavior Problems After Head Injury](#)
- [Types of Brain Injury](#)

Heart Disease/Failure

- [Heart Failure](#)

HIV

- [HIV-Associated Neurocognitive Disorder](#)

Huntington's Disease

- [Huntington's Disease](#)

Joint Replacement

- [Home Care After Total Joint Replacement](#)

Kidney Disease/Failure

- <https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones>
- [Dialysis](#)
- [Hemodialysis](#)
- [Kidney Failure](#)
- [Peritoneal Dialysis](#)

Parkinson's Disease

- [Parkinson's Disease](#)

Pneumonia

- [Pneumonia](#)

Stroke

- [Stroke](#)

Wernicke-Korsakoff

- [Wernicke-Korsakoff](#)



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Feb 2021