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

Cancer
- [https://www.cdc.gov/spanish/cancer/index.htm](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](https://www.cdc.gov/copd/espanol.html)
- COPD

Diabetes
- 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