

Benefits & Resources

Last updated: _____

Who can help the person I support and me, and which benefits to have, apply for, or look into. Fill in by hand.

Names, phones, and where letters are kept only. Do not write Social Security, Medicare, Medicaid, VA claim, member, case, or account numbers on this sheet.

Name of the person I support: _____

Emergency contact & phone: _____

LOCAL RESOURCES *(names and phones only)*

Resource	Name	Phone	Case worker or contact; for groups, when and where
Area Agency on Aging			
State Health Insurance Assistance Program (SHIP) counselor			
Medicaid office or caseworker			
VA caregiver support coordinator at local VA <i>(if they served)</i>			
Local Alzheimer's Association chapter			
Adult day program			
Respite provider			
Support group			
Faith community or volunteer helpers			
Legal aid or elder law attorney			

NATIONAL NUMBERS *(checked October 2026; numbers can change)*

Eldercare Locator (finds your Area Agency on Aging)	1-800-677-1116 · eldercare.acl.gov
Medicare	1-800-MEDICARE (1-800-633-4227) · Medicare.gov
SHIP: free, unbiased Medicare counseling	Find your state's SHIP at shiphelp.org
Social Security	1-800-772-1213 · ssa.gov
VA Caregiver Support Line	1-855-260-3274 · caregiver.va.gov
Alzheimer's Association 24/7 Helpline	1-800-272-3900 · alz.org
988 Suicide & Crisis Lifeline	Call or text 988, any time
211 (local help with food, housing, bills, and more)	Call 211 · 211.org
ARCH National Respite Locator	archrespite.org
LIHEAP energy help (National Energy Assistance Referral)	1-866-674-6327 · energyhelp.us
BenefitsCheckUp from NCOA (free benefits screener)	benefitscheckup.org

Free to print and share. From Lighthouse by Dragonfly, an iPhone app for organizing care information, medications, and appointments. lighthousebydragonfly.com

Private health information. Store securely.



More free
caregiver tools

Eligibility varies by program, state, income, and situation. “Look into” means it may be worth asking about, not that the person I support qualifies. A SHIP counselor, the Area Agency on Aging, or the benefits office can explain the rules.

BENEFITS CHECKLIST (check one per row)

Benefit or program	Have it	Applied	Look into	Where letters are kept
Medicare	☐	☐	☐	
Medicare Savings Programs or Extra Help (help with Medicare costs)	☐	☐	☐	
Medicaid (including home and community-based services waivers)	☐	☐	☐	
VA benefits, if they served (health care, Aid and Attendance, Program of Comprehensive Assistance for Family Caregivers)	☐	☐	☐	
Social Security or SSDI (including for early-onset conditions)	☐	☐	☐	
Long-term care insurance	☐	☐	☐	
Property tax relief	☐	☐	☐	
Utility assistance (LIHEAP)	☐	☐	☐	
SNAP (food assistance)	☐	☐	☐	
Paid family leave or FMLA (for the caregiver's job)	☐	☐	☐	
Other	☐	☐	☐	

NOTES (for example, next steps or deadlines from letters)

