

Caregiving Guides

MetLife Mature Market Institute along with the National Alliance for Caregiving has put the following guides together to help caregivers. These guides will provide practical suggestions and useful tools on a variety of care-related subjects.

Since You Care Caregiving Guides

Guide Title	Download Guide
Adult Day Care Centers	Adult Day Centers
Choosing an Assisted Living Facility	Choosing an Assisted Living Facility
Community Services	Community Services
Falls and Fall Prevention	Falls and Fall Prevention
Family Caregiving	Family Caregiving
Final Arrangements	Final Arrangements
Hiring an Independent Caregiver	Hiring an Independent Caregiver
Hospice	Hospice
Legal Matters	Legal Matters
Long Distance Caregiving	Long Distance Caregiving
Making the Nursing Home Choice	Making the Nursing Home Choice
Medicare and Medicaid	Medicare and Medicaid
Medications and the Older Adult	Medications and the Older Adult
Preventing Elder Abuse	Preventing Elder Abuse
Understanding Home Care Agency Options	Understanding Home Care Agency Options