

# Caregiver Navigation

## A Guide for Family Caregivers

Caring for someone is one of the most important roles a person can take on, but it can be overwhelming. Navigating services, making decisions, and balancing daily life can become overwhelming. Caregiver navigation offers a solution by guiding caregivers to the right resources, at the right time, in the right way helping you feel supported, confident, and less alone in this journey.

### What is Caregiver Navigation?

Caregiver navigation is a service designed to help family and informal caregivers find, access, and use the resources they need. Caregiving can be overwhelming, especially when balancing work, family, and complex care needs. Navigation services provide guidance, clarity, and ongoing support throughout the caregiving journey.

### Who are Family Caregivers?

Family caregivers are individuals who provide unpaid care to a family member or person. This may include:

- Spouses or partners
- Adult children
- Relatives or friends
- Neighbors or chosen family
- Grandparents or other relatives raising children

Many people do not identify as “caregivers,” but if you regularly help someone with daily tasks, health needs, or decision-making, you are a caregiver.

### What is a Caregiver Navigator?

A caregiver navigator is a trained professional who helps caregivers:

- Understand available services and supports to make informed decisions
- Develop a plan that fits their needs
- Access and coordinate services over time

Navigators are often found in area agencies on aging, aging and disability resource centers, and other community-based organizations. While their job titles might differ, their role is to help caregivers find the right help and resources. They serve as trusted guides, helping simplify complex systems.

## What Services Can Caregiver Navigation Provide?

Caregiver navigation is flexible and tailored to each caregiver's situation. Services may include:

### Information and Referrals

Connecting you to local resources:

- Respite care (temporary relief)
- Adult day programs
- Transportation services
- Meal delivery programs

### Care Planning and Problem-Solving

- Creating personalized action plans
- Planning for future needs or emergencies

### Benefits and Program Access

Assistance applying for:

- Medicaid or waiver programs
- Supplemental Nutrition Assistance Program (SNAP)
- Veterans' benefits

### Education and Training

- Guidance on caregiving tasks
- Disease-specific information (e.g., dementia care)
- Self-care and stress management strategies

### Emotional and Peer Support

- Connecting to support groups
- Accessing counseling or peer networks
- Reducing isolation and burnout

### Advocacy and Coordination

- Helping communicate with providers
- Coordinating across health and community services

## You Are Not Alone

Caregiving can feel overwhelming, and connecting with resources can feel like a maze. Caregiver navigation helps improve access to support, reduce confusion, and save time and effort. Caregiver navigation ensures that **you have the support you need every step of the way** so you can care for someone while also caring for yourself.

To start your journey and find help, **contact the Eldercare Locator at 1-800-677-1116** to speak with a specialist who will guide you to local resources and supports, or visit the [Eldercare Locator website](#) to start an online chat and explore local options. Eldercare Locator is a free service funded by the Administration for Community Living.

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