

## Resources

- For information on caregiving, self-care, finances, etc.: <https://lesturnerals.org/caregiver>
- For tips on hiring a caregiver: <https://lesturnerals.org/wp-content/uploads/2022/09/Tips-for-Hiring-a-Caregiver.pdf>
- For information about our virtual support groups: <https://lesturnerals.org/support-services/support-groups-education/>
- For more information on caregiving: <https://iamals.org/get-help/>
- For information on respite coverage:
  - For a veteran: <https://www.caregiver.va.gov/>
  - For people living in Illinois: <https://archrespice.org/respice-locator-service-state-information/145-illinois-info>
  - For people living in Iowa, Michigan, Nebraska, or South Dakota: <https://teangleason.org/pals-resource/support-services/>