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## [Caregiver Tip Sheets from HealthinAging.org](#)

### **HealthinAging.org**

HealthinAging.org is a trusted source for up-to-date information and advice on health and aging, created by the American Geriatrics Society's Health in Aging Foundation.

Through the Health in Aging Foundation, we advance a commitment to helping older adults and caregivers maintain health, independence, and quality of life.

HealthinAging.org features education materials for older adults and caregivers, as well as information on finding a geriatrics healthcare professional in your area.

These tools have been reviewed by geriatrics healthcare professionals and members of the American Geriatrics Society (AGS)—a community of experts in the care we all need as we age.

### **Caregiver Tip Sheets**

HealthinAging.org provides caregiver tip sheets on a variety of topics:

- [How to Be the Best Caregiver You Can Be](#)
- [Tips for the Long-Distance Caregiver](#)
- [Tips for Avoiding Caregiver Burnout](#)
- [Finding Quality Nursing Home Care](#)

### **For More Information**

- ▶ [Caregiver Guide: Caregiving](#)
  - ▶ [Caregiver Self Assessment Questionnaire](#)
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