**Lesson 3: Misc. resources to help support your clients**

When offering resources, here are some *examples* related to advocacy, and tips on how to learn about and provide these services: There are many others you may find and use in your practice.

1. **Government Programs**
   * **Examples**: Medicaid, Medicare, CHIP (Children's Health Insurance Program), SSDI (Social Security Disability Insurance).
   * **Why They Are Helpful**: Government programs often provide essential health insurance coverage, financial assistance for medical bills, and support for individuals with disabilities or low incomes.
   * **How to Learn About Them**: Visit official government websites, attend community meetings, and stay updated through news releases and policy changes. Resources like the CMS (Centers for Medicare & Medicaid Services) website offer comprehensive information.
2. **Non-Profit Organizations**
   * **Examples**: American Cancer Society, National Alliance on Mental Illness (NAMI), Leukemia & Lymphoma Society, Alzheimer’s Association, Dollar For
   * **Why They Are Helpful**: Non-profits provide support services, educational resources, financial assistance, and may provide pro bono advocacy for patients dealing with specific health conditions and diseases. Some Non-Profit Organizations also help to reduce medical bills and may be able to negotiate or apply for financial assistance on behalf of a client for free.
   * **How to Learn About Them**: Network with local chapters, participate in health fairs, join professional organizations, and subscribe to newsletters from these non-profits to stay informed about their programs and services.
3. **Support Groups**
   * **Examples**: Support groups for people living with dementia and for the caregivers of people living with dementia, Diabetes Support Groups, Cancer Support Groups, Support groups for people living with Parkinson’s.
   * **Why They Are Helpful**: Support groups offer emotional support, practical advice, and a sense of community for individuals facing similar health challenges. Many support groups have local, in person meetings that offer respite for caregivers. Some are also available in an online format for those who are not easily able to attend meetings in person. Support groups for caregivers can help to prevent caregiver burnout and provide techniques for working through situations that have worked for them to share with others.
   * **How to Learn About Them**: Contact local hospitals, community health centers, or non-profit organizations that often host or can direct you to relevant support groups. Online platforms like Meetup.com can also help locate support groups.
4. **Educational Materials**
   * **Examples**: Health pamphlets, online resources from reputable health websites, and disease-specific information booklets.
   * **Why They Are Helpful**: Educational materials empower clients with knowledge about their health conditions, treatment options, and ways to manage their health effectively.
   * **How to Learn About Them**: Access materials through healthcare providers, public libraries, health department websites, and non-profit organizations. Websites like CDC.gov (US Centers for Disease Control and Prevention) and NIH.gov (National Institute on Aging) offer a wealth of information on various health topics.
5. **Grants/Funding** 
   * **Examples**: HealthWell Foundation, Patient Advocate Foundation Co-Pay Relief, CancerCare Co-Payment Assistance Foundation.
   * **Why They Are Helpful**: Grants and funding programs provide financial assistance for medical treatments, medications, and related healthcare costs, alleviating the financial burden on patients.
   * **How to Learn About Them**: Research and compile a list of organizations offering financial aid, subscribe to updates from foundations, and attend webinars or conferences focused on healthcare funding opportunities. Websites like NeedyMeds.org offer directories of available financial assistance programs.

**Lesson 4: Advance Directives Resources**

National Institute on Aging

<https://www.nia.nih.gov/health/advance-care-planning/advance-care-planning-advance-directives-health-care#directives>

The Conversation Project

<https://theconversationproject.org/>

Five Wishes

<https://www.fivewishes.org/>