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# Web Exclusive: Expanded Resources

This past September, CMS launched a new initiative called [Ask Medicare](#), a website for caregivers that provides information on Medicare and caregiving, resources and tools for common issues, and a newsletter that delivers updated caregiving information to subscribers by e-mail.

AARP offers a comprehensive guide to caregiving called [Prepare to Care](#).

The National Alliance for Caregiving and the National Family Caregivers Association sponsor [Family Caregiving 101](#), an online resource to help caregivers find information on taking care of their loved ones and themselves. The National Alliance for Caregiving also has many other resources and publications on caregiving that can be found at [www.caregiving.org](http://www.caregiving.org)

The [American Cancer Society](#) provides information for caregivers of cancer patients and online message boards for caregivers.