Table 1: A list of comprehensive legal, medical, financial, and end-of-life planning resources for patients, families, and caregivers.[3,4]

Life Care Planning	The Journal of Life Care Planning https://jlcp.scholasticahq.com/	Started in 2002, peer-reviewed journal.
	https://www.ichcc.org/training/approved-training-programs.html	ICHCC approved training programs leading to certification.
	American Academy of Physician Life Care Planners (AAPLCP) www.aaplcp.org	Founded in 2013.
	Foundation for Life Care Planning Research (FLCPR) http://www.flcpr.org/research.htm	Nonprofit research group founded in 2002.
	International Association of Rehabilitation Professionals Life Care Planning https://connect.rehabpro.org/lcp/home	
Legal	American Bar Association (ABA): https://www.americanbar.org/groups/law_aging/	Resources regarding elder law and related issues.
	ABA Podcasts: http://www.youtube.com/@abacommissiononlawandaging7266	
	Podcast moved from ABA https://legaltalknetwork.com/podcasts/modern-law-library/2022/10/how-do-you-calculate-damages-in-injury-trials/	Podcast on "How do you calculate damages in injury trials?"
	Federal Government Directory: https://www.usa.gov/federal-agencies/a	Directory of government agencies and their contact information.
	Medicaid: https://www.medicaid.gov/	
	Social Security Administration: https://www.ssa.gov/	
	National Academy of Elder Law Attorneys: https://www.naela.org/findlawyer	Search engine to look up elder law attorneys.
Medical	National Trade and Professional Associations Directory: https://www.association-insight.com/	Tools that can assist the life care planner in finding specific organizations, associations, and societies.
	Centers for Medicare & Medicaid Services (CMS) Care Compare https://www.medicare.gov/care-compare/	Comparing quality metrics and care facilities, useful for those with or without Medicare.
	The Care Planner Network: https://careplanners.net/	Online community for life care planning and case management professionals, includes a directory of

		life care planners, valuable resources, and a professional forum.
	www.goodrx.com or www.awpvaluerx.com	Cost of medications.
End-of-life (advance directive, power of attorney, living will)	National Alliance for Care at Home: https://allianceforcareathome.org/find-a-provider/	A national organization with the goal of transforming care in the home with a directory of providers.
	National POLST: www.polst.org	Physician Order for Life Sustaining Treatment (POLST) forms and advanced care planning.
	PREPARE For Your Care: https://prepareforyourcare.org/en/prepare-for-your-care/advance-directive/advance-directive-welcome	A website with advanced directive forms for different states.
	CaringInfo: https://www.caringinfo.org/	A program of National Alliance for Care at Home; offers free resources for patients and caregivers to make decisions about serious illness, care services, advance directives.
Funeral and Burial services	Veterans Association: https://www.va.gov/burials-memorials/	Provides information on veterans' burial benefits.
	Funeral Consumers Alliance: https://funerals.org/	Nonprofit organization and can help people find low-cost burial options.
Financial	Genworth and Care Scout Cost of Long-Term Care https://www.carescout.com/cost-of-care	Costs of long-term care by state. There is also an app.
	Consumer Reports Cost of Assisted Living https://www.consumerreports.org/elder-care/elder-care-and-assisted-living-who-will-care-for-you/?loginMethod=auto	Costs of assisted living by each state.
	U.S. BLS Occupational Outlook Handbook https://www.bls.gov/ooh/	Database of occupations, projected job availability, and salary information.
	U.S. Bureau of Labor Statistics (BLS) Consumer Price Index (CPI) Inflation Calculator https://www.bls.gov/data/inflation_calculator.htm	Inflation calculator that can be used to determine future cost of medical services.
	U.S. BLS Wage Data https://www.bls.gov/bls/blswage.htm	Provides yearly national, statewide, and metropolitan area occupational employment and wage estimates.
	Certified Financial Planner Board of Standards: https://www.cfp.net/	Locating Certified Financial Planners.
	National Association of Personal Financial Advisors (NAPFA): https://www.napfa.org/	Database for fee-only, fiduciary financial advisors.
Home Health Services	Interim Healthcare www.interimhealthcare.com	
	ResCare www.rescare.com	
	Maxim Healthcare Services www.maximhealthcare.com	
Other Resources:	CDC United States Life Tables https://www.cdc.gov/nchs/products/life_tables.htm	Life expectancy and survival data for the U.S. population latest 2023, with life tables.

	Model Spinal Cord Injury Center Database https://sites.uab.edu/nscisc/database/	A resource that provides insight into actual costs of SCI care within the model SCI system.
	National Spinal Cord Injury Statistical Center (NSCISC) https://bpb-us-w2.wpmucdn.com/sites.uab.edu/dist/f/392/files/2025/06/2024-Annual-Report-Complete-Public-Version-xx.pdf	Resources for understanding future needs of a person with spinal cord injury.
	Paralyzed Veterans of America https://pva.org/wp-content/uploads/2021/09/cpg_outcomes-following-traumatic-sci.pdf	A study that lists the level of independence and amount of care needed for persons with SCI according to level of lesion.
	Case Management Society of America (CMSA) Care Management Industry Directory: www.CareManagementIndustryDirectory.com	Online vendor search specifically designed for case managers.
	Seniors Resource Guide: www.SeniorsResourceGuide.com	
	Eldercare Locator: https://eldercare.acl.gov/home	A public service of the Administration for Community Living connecting people to services for older adults and their families.
	DME Replacement Frequencies https://flcpr.org/Documents/Marini_Harper_JLCP_4_173-182.pdf	

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