Resources for Your Caregiving Journey

Health in Aging Foundation – How to Be the Best Caregiver You Can Be

Family Caregiver Alliance – Caregiving 101

Rosalynn Carter Institute for Caregivers

California Caregiver Resource Center

Next Avenue – News and Information for People Over 50

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RESPITE CARE

National Institute on Aging – Finding Respite Care/Costs

Alzheimer’s Association – Types of Respite Care and Using Respite Care

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RESOURCES FROM DR. HELEN C. KALES

DICE Approach – Online training for accessing and managing the behavioral symptoms of dementia

Managing Behavioral Symptoms in Dementia – Podcast with Dr. Helen Kales

WeCareAdvisor Research Study – Learn more and join the study evaluating an online tool to provide caregivers with helpful strategies to manage dementia-related and psychological symptoms

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LITERATURE:

5 Caregiving Styles

Managing Behavioral and Psychological Symptoms of Dementia

Management of Neuropsychiatric Symptoms of Dementia

Assessment and Management of Behavioral and Psychological Symptoms of Dementia
RESOURCES FROM CONNIE BAHER

Unbeknownst to us, we had an event attendee who has written articles about her own journey as a long-haul caregiver for her mother. Connie Baher shared links to a few of those articles, along with a link to her book entitled Family Caregivers: An Emotional Survival Guide, described as “the perfect companion for family caregivers – frank talks, wise words, real-life tools.”

ARTICLES:

From One Caregiver to Another: No One Knows What We Do

New Year's Resolutions for Family Caregivers

When the Caregiving Ends: Recovering from Loss, Rebuilding Your Life