



## 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](#)

[Alzheimers 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

### **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](#)

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## 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](#)