

Caregiver Challenges & Strategies: How to PACE Yourself

Understand the progression of dementia and the care you'll need to provide. Then, discover the PACE approach to caregiving: **P**ermission for trial and error; **A**cknowledge their reality; **C**ompassionate care; and **E**mpower yourself.

Dementia-Friendly Communication Tips

Dementia profoundly affects communication. Learn the communication pitfalls to avoid, and how to implement the CALM dementia communication approach.

The Sandwich Generation: Stuck in the Middle

Caring for your elderly parents while raising your own children poses unique challenges. Use the SACRED paradigm to survive your journey: **S**top "shoulding" yourself; **A**cknowledge your feelings; **C**omfort yourself; **R**esource management; **E**mergency plan; **D**elegate.

Understanding Caregiver Resistance

Learn the causes of resistance as well as strategies for overcoming it in order to get the outside support that the caregiver and person with dementia need.

What About You? Taking Care of Yourself

Dementia caregiving is a marathon, not a sprint. Understand the importance of meeting your needs, and how to use the **SMART** technique to navigate the caregiving journey.

Dementia CARE Strategies

Learn a 4-step approach designed to ease the most difficult days of caring for a loved one with dementia: **C**onserve your energy; **A**ctivities; **R**outines & rituals; and **E**stablish a plan.

Moving Your Loved One to Memory Care

Discover the indicators that point to the need for memory care, the benefits of memory care, and how to give yourself grace while navigating the emotional challenges that accompany your decision.

Holiday Tips & Tricks for Dementia Caregivers

To survive and thrive during the holiday season, it's crucial to change your expectations, make modifications to family traditions, and focus on what you can control. Using the **ACTION** strategy can ensure a holiday infused with moments of joy.

Grief, Loss & Dementia

Family caregivers, family members, and friends experience repeated bouts of grief and loss throughout the dementia journey. Understand how to identify ambiguous loss and anticipatory grief and receive helpful tools to acknowledge and move through those feelings.

Stop, Look, Listen: Warning Signs of Dementia

Family members and professionals may not understand the difference between the signs of normal aging and the signs of dementia. Learn about the hallmarks of dementia and five key steps to take if you suspect someone has dementia.

Challenging Dementia Behaviors: Get CREATIVE

The dementia journey is undeniably challenging for care partners. Using CREATIVE strategies can help caregivers navigate behaviors that are by turn perplexing and frustrating. Addressing behaviors ranging from combativeness and wandering to anxiety and apathy, the CREATIVE approach delivers much-needed caregiver tools.

Caregiver Well-Being: Your Mental Health Matters

The demands of dementia caregiving can limit a care partner's ability to take care of themselves, putting them at risk for physical and emotional distress. Self-assessments for stress, burnout, and depression are followed by COMFORT strategies to better cope with caregiving demands