

### **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.

### **The Long Goodbye: Caring for Your Loved One Throughout Their Journey**

Discover the physical, mental, and emotional needs of someone living with dementia at every stage of their journey. Then, understand the physical, mental, and emotional needs of the dementia caregiver.

### **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.

### **The Bottom Line: Financial Safety & Dementia**

Dementia causes brain changes that can put a person's financial safety at risk. The financial warning signs of cognitive impairment and dementia-friendly communication strategies are outlined, along with concrete actions to take to protect the finances of someone with dementia.