

FOR FAMILY CAREGIVERS

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.

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.

Easing Your Journey: Essential Dementia Caregiver Strategies

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.

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.

Managing Anger in the Dementia Caregiving Journey

Dementia's profound impact on family dynamics can lead to bouts of anger in dementia caregivers. Understand how to recognize anger, explore the battle between anger and guilt, and discover strategies for letting go of anger and being kind to yourself.

FOR PROFESSIONALS

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.

Grief, Loss & Dementia for Professional Caregivers

Professional dementia caregivers' compassion and empathy makes them especially susceptible to grief, loss, and sadness. Understand grief's complex emotional journey, shift your perspective on grief and loss, and find meaning and purpose in professional caregiving.

Dementia Tools for Professionals

In order to help their clients and patients, all professionals should have a basic understanding of dementia. Understand the distinctions between cognitive impairment and other circumstances, how to establish trust, questions to ask, and what to do when you have concerns.

Empathy & Clarity: Hallucinations & Delusions in Dementia

Hallucinations and delusions can make it challenging to care for those with dementia. Get actionable strategies for managing each, understand the risks of infantilization, and learn how to create a supportive environment based on respect and empathy.

Top 6 Controversies in the Dementia Field

There are several practices that have nuanced ethical implications. Explore and contextualize the use of antipsychotic medications, life-prolonging treatments, surveillance, euthanasia, therapeutic fibbing, and sexual relationships in care communities.

Growing Resilience: Empowering Professional Dementia Caregivers

Dementia behaviors can trigger a range of emotions in professional dementia caregivers, leaving caregivers feeling numb, angry, frustrated, and guilty. Learn how to practice detachment and engage in self-reflection to manage these feelings and increase resilience.

FOR EITHER FAMILY CAREGIVERS OR PROFESSIONALS

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.

Dementia-Friendly Communication Tips

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

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.

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.

Understanding, Identifying & Treating Pain

Unaddressed pain in those with dementia leads to a decrease in physical, emotional, and social well-being. Explore the challenges of identifying pain, the benefits of pain assessment tools, what to consider when using medication to treat pain, and non-drug pain relief alternatives.

Cracking the Code: Proven Strategies for Dealing with 4 Dementia Behaviors

Utilize the 4 D's of Dementia Care (detach, document, diffuse, and distract) to tackle repetitive questions, medication refusal, impaired driving, and sundown syndrome.