

Course: Additional Resources

There are a number of valuable resources where you can find more information about caregiving, helping your senior loved one with a variety of issues, working with family and outside resources, and coping with caregiving stress. This list is a good place to start you on your way to improving the quality of life for your loved one and yourself.

Senior Care:

Get Mom Moving® Activities to help seniors maintain good health and stay active in mind, body and soul.

- <http://www.caregiverstress.com/fitness-nutrition/get-mom-moving/>

Cooking Under Pressure® Nutrition resources to promote healthy aging and help seniors maintain their independence with good health.

- <http://www.caregiverstress.com/fitness-nutrition/senior-cooking/>

Craving Companionship(SM) Resources to help seniors stay connected socially and eat more nutritiously.

- <http://www.caregiverstress.com/fitness-nutrition/family-meals/>

Senior Safety Checklists and other resources to help you manage your senior's health information and prepare for any medical situation.

- <http://www.caregiverstress.com/senior-safety/health-information-management/>

Home Care Housing options and thoughts to consider for determining the best care situation for your aging loved ones.

- <http://www.caregiverstress.com/home-care/parents-moving-in/>

Family Communication:

The 40/70 Rule® Tips to help adult children start those difficult conversations with their aging parents about aging issues - before a crisis occurs.

- <http://www.caregiverstress.com/family-communication/40-70/>

The 70/40 Rule® Tips to help seniors start those difficult conversations with their adult children about aging and death.

- <http://www.caregiverstress.com/family-communication/70-40/>

The 50/50 Rule® Practical support for adult siblings to work together and share the responsibility in caring for their aging parents.

- <http://www.caregiverstress.com/family-communication/solving-family-conflict/>

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Caregiver Stress:

Tips, information and community to help you care for yourself while caring for an aging loved one.

- <http://www.caregiverstress.com/>

Alzheimer's Disease:

Alzheimer's Association The leading, global voluntary health organization in Alzheimer's care and support, and the largest private, nonprofit funder of Alzheimer's research.

- <http://www.alz.org/>

Help for Alzheimer's Families® Get information to help you and your loved one cope with the reality of Alzheimer's or dementia, find ideas and tips for preserving memories from Alzheimer's, and learn more about Alzheimer's and dementia care services.

- <http://www.HelpForAlzheimersFamilies.com/>

Helping Families Cope Guide Answers to the most common questions about Alzheimer's and other dementias to help you adapt to the reality of your loved one's disease, and continue adapting as the disease progresses.

- (Download PDF 665 KB)

Alzheimer's & Other Dementias Daily Companion App

- <http://www.ConfidenceToCare.com/>

Remember for Alzheimer's

- <https://www.facebook.com/RememberForAlzheimers>

Find Home Care:

Home Instead Finder Search for locations near you.

- <https://www.homeinstead.com/home-care-services>