

Caring for your loved one is a life-changing journey that involves both joyful and challenging moments. Finding valuable resources and services for you and your family can make all the difference!



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Books & Guides

## [\*\*Brain Health Online Guide from Hilarity for Charity\*\*](#)

### **Explore Hilarity for Charity's 5 Brain Health Habits**

Hilarity for Charity (HFC) is a national non-profit on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates, and be a leader in brain health research and education.

Research suggests that **45% cases of dementia may be preventable by adopting specific habits.** Because Alzheimer's can begin to develop 20-30 years before the onset of symptoms, there is no better time than NOW to start building a more dementia-resistant brain.

Source

[Hilarity for Charity](#)

Article

## [Caregiving documentary with Bradley Cooper](#)

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

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## [retirepathVA](#)

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## [HitchSwitch Name Change Services](#)

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[HitchSwitch Name Change Services](#)

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## [CareYaYa](#)

CareYaya connects families seeking senior care with compassionate, motivated college students from top universities.

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[CareYaYa](#)

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## **Agitation in Alzheimer's Screener for Caregivers (AASC®)**

Supporting Caregivers in Identifying Symptoms of Agitation in Alzheimer's Dementia (AAD)

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[Agitation in Alzheimer's Screener for Caregivers \(AASC®\)](#)

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## **Working Daughter: The leading resource for women balancing caregiving, career, and life**

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[Working Daughter: The leading resource for women balancing caregiving, career, and life](#)

Article

## **How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care**

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

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[Generations United](#)

Article

## [6 Great Things About Kinship/Grandfamilies](#)

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

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## [PODCAST: Healing Ties](#)

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