

Explore Caregiving Topics

[Alzheimer's and Dementia](#)

[Caregiving Basics](#)

[Long Term Care](#)

[Caregiver Health](#)

[Technology and Tools](#)

[Families and Caregiving](#)

Explore Caregiving Resources

Books & Guides

[**Alzheimer's and Dementia Care: Facing Alzheimer's with Strength and Grace**](#)

This FREE resource from AgingCare provides comprehensive information on caring for someone with Alzheimer's disease. In [Facing Alzheimer's with Grace and Strength](#) elder care experts, veteran caregivers and dementia patients share their experiences and expertise. Topics include tips for communicating with someone who has Alzheimer's, strategies for coping with sleep issues, how to manage Sundowners Syndrome, managing daily routines and difficult behaviors, and finding help.

Source

AgingCare.com

Recent Caregiving Articles

Recent Caregiving Articles

Article

Learn About Alzheimer's Disease and 8 Ways to Lower Your Risk of Getting It

Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If not treated, it can affect a person's ability to go about their normal routines.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Universal Design Resources

Universal Design (UD) is a strategy for making products, environments, operational systems, and services welcoming and usable to the most diverse range of people possible.

Source

[U.S. Department of Labor: Office of Disability Employment Policy](#)

Article

Virtual Program: What is Good Dementia Care?

This virtual program offers an interactive conversation between family caregivers and a team of healthcare professionals.

Source

[Virginia Geriatric Education Center](#)

Article

Hearing aids slow cognitive decline in people at high risk

Studies have found an association between hearing loss and the development of dementia in older adults. Learn about research that suggests that using hearing aids to treat hearing loss may help slow the development of cognitive problems.

Source

[National Institutes of Health](#)

Article

Family Caregivers: Information on the Family and Medical Leave Act

When you need to take time off from work to care for a family member, the Family and Medical Leave Act is here to help.

Source

[U.S. Department of Labor](#)

Article

Can I Get Paid to Be a Caregiver for a Family Member?

There are programs to help alleviate the financial burden of family caregiving.

Source

[AARP](#)

More for You

Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)
- [Lindsay Institute for Innovations in Caregiving](#)
- [Senior Resources Near Me](#)
- [Veterans Caregiver Resource Page](#)
- [Virginia Family Caregiver Solution Center](#)

Staying Connected

- [Social Engagement Tools and Resources](#)
- [AgingCare Caregiver Forum](#)
- [Podcast: Daughterhood](#)
- [Podcast: Happy Healthy Caregiver](#)
- [Podcast: Healing Ties](#)

Caregiver Highlights

- [AARP Celebrates Family Caregivers](#)
- [AARP Family Caregiver Resources for Virginia](#)
- [Caregiver Self-Assessment Questionnaire](#)
- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)
- [10 Tips for Family Caregivers - Caregiver Action Network](#)

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