



## Resources for Caregivers

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There are over 50 million caregivers in the United States who work tirelessly to take care of those who need assistance. We encourage caregivers to take connect with support systems and take time for themselves. Studies show that the use of resources can reduce caregiver depression, anxiety, and stress, enabling them to provide care longer and delaying the need for costly institutional care.

The following are some resources that provide support to caregivers:

- [Alzheimer's Association](#)
- [NIH](#)
- [Alzheimer's Foundation of America](#)
- [CDC](#)
- [Teepa's Snow](#)

A good hardcover read: [\*The Unexpected Journey: Finding Strength, Hope, and Yourself on the Caregiving Path by Emma Heming Willis\*](#)

For those caring for loved ones suffering from Alzheimer's there is dedicated support within your reach. [The Alzheimer's Foundation of America](#) offers assistance from licensed social workers specifically trained in dementia care. Their National Toll-Free Helpline **(866-232-8484)** is open seven days a week.